# U.S. Army Center for Health Promotion and Preventive Medicine

**FORT JACKSON 1988 DATABASE**
**TECHNICAL REPORT NO. 29-HE-8093A-99**

**DATABASE DESCRIPTION**
**DEMOGRAPHICS, ANTHROPOMETRICS, RISK FACTORS,**
**AND FITNESS MEASURES**

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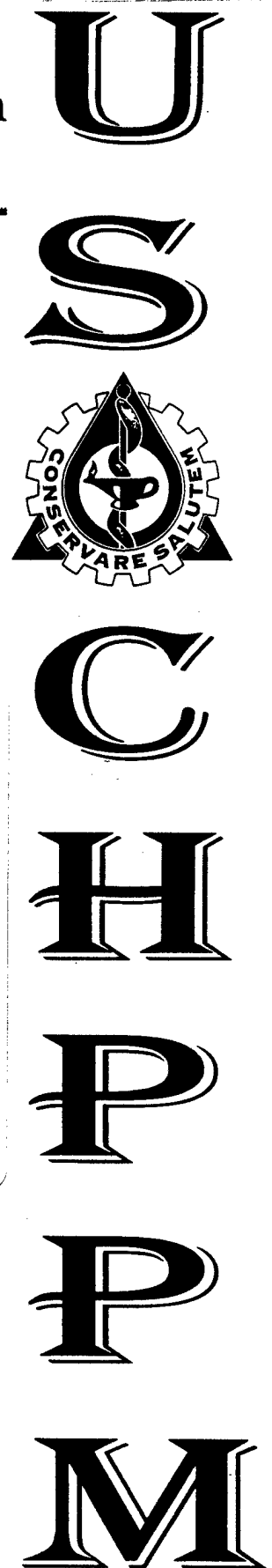
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# U.S. Army Center for Health Promotion and Preventive Medicine

The lineage of the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) can be traced back over 50 years. This organization began as the U.S. Army Industrial Hygiene Laboratory, established during the industrial buildup for World War II, under the direct supervision of the Army Surgeon General. Its original location was at the Johns Hopkins School of Hygiene and Public Health. Its mission was to conduct occupational health surveys and investigations within the Department of Defense's (DOD's) industrial production base. It was staffed with three personnel and had a limited annual operating budget of three thousand dollars.

Most recently, it became internationally known as the U.S. Army Environmental Hygiene Agency (AEHA). Its mission expanded to support worldwide preventive medicine programs of the Army, DOD, and other Federal agencies as directed by the Army Medical Command or the Office of The Surgeon General, through consultations, support services, investigations, on-site visits, and training.

On 1 August 1994, AEHA was redesignated the U.S. Army Center for Health Promotion and Preventive Medicine with a provisional status and a commanding general officer. On 1 October 1995, the nonprovisional status was approved with a mission of providing preventive medicine and health promotion leadership, direction, and services for America's Army.

The organization's quest has always been one of excellence and the provision of quality service. Today, its goal is to be an established world-class center of excellence for achieving and maintaining a fit, healthy, and ready force. To achieve that end, the CHPPM holds firmly to its values which are steeped in rich military heritage:

★ Integrity is the foundation
   ★ Excellence is the standard
      ★ Customer satisfaction is the focus
         ★ Its people are the most valued resource
            ★ Continuous quality improvement is the pathway

This organization stands on the threshold of even greater challenges and responsibilities. It has been reorganized and reengineered to support the Army of the future. The CHPPM now has three direct support activities located in Fort Meade, Maryland; Fort McPherson, Georgia; and Fitzsimons Army Medical Center, Aurora, Colorado; to provide responsive regional health promotion and preventive medicine support across the U.S. There are also two CHPPM overseas commands in Landstuhl, Germany and Camp Zama, Japan who contribute to the success of CHPPM's increasing global mission. As CHPPM moves into the 21st Century, new programs relating to fitness, health promotion, wellness, and disease surveillance are being added. As always, CHPPM stands firm in its commitment to Army readiness. It is an organization proud of its fine history, yet equally excited about its challenging future.

# REPORT DOCUMENTATION PAGE

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**13. ABSTRACT** *(Maximum 200 words)*

This report describes a database collected on men and woman attending basic combat training at Ft. Jackson, SC in 1988. Included is a description of the database and descriptive information on questionnaire responses, anthropometric measures, physical fitness scores and clinic visits for injuries.

**14. SUBJECT TERMS**

Anthropometry, Physical Fitness, Injuries, Smoking Tobacco, Physical Activity

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# FORT JACKSON 1988 DATABASE
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# FORT JACKSON 1988 DATABASE
## TECHNICAL REPORT
## REPORT SUMMARY

## PURPOSE OF THIS REPORT

This technical report provides information and documentation about the data available in the various files of the Fort Jackson database. The purpose is not to present findings of the study, but instead to present the contents of the data files in a descriptive format. The data contents of this report are current as of Summer 1997.

## PURPOSE OF THE STUDY

A longitudinal study was conducted at Fort Jackson, South Carolina in 1988, in order to examine the discrepancies between female and male entrance standards regarding body weight and performance success during basic training. A group of 2,003 subjects participated in the study, about half female and half male Army recruits.

Several objectives were proposed for this study regarding relationships between accession standards and retention standards and differences in military performance among females and males. Changes in accession standards were to be recommended, if needed, in addition to the potential use of body fat measurement as a screening tool for predicted performance among recruits. This study also included the examination of gender and race interaction with body weight/fat standards and performance.

As an expansion of this study, data were also collected on physical training-related injuries and other medical outcomes relating to excess body weight or body fat as predisposing risk factors in the incidence of injury.

## METHODS OF THE STUDY

Study personnel began data collection on potential subjects at the reception station at Fort Jackson, where the nature of the study was explained and participation was solicited through informed consent. A survey questionnaire was then administered and various measurements were taken. Anthropometric measurements, body fat composition estimates, strength and flexibility measurements, and qualitative and quantitative morphologic assessments of the lower extremity were collected. More specifically, flexibility of the back and hamstrings was assessed and measured, along with gonimetric techniques utilized to obtain range of measurements of the foot. The survey questionnaire was utilized to obtain background

## METHODS OF THE STUDY (continued)

demographics, prior and current physical activity history, and prior injury history before arrival at basic training.

During recruit basic training, study personnel collected unit files and training center records to record results of physical fitness test performances conducted four times during the eight week session. Records were also reviewed for any administrative actions regarding recruit discharges, recycles, and attrition.

Recruit medical records, including emergency department records, were examined by a physician at the end of basic training. All injury and illness clinic visits were documented for all study recruits, noting that the injury data would be used as a potential outcome measure for overweight or overfatness in recruits and to provide further information regarding gender-based injury rates. Data extraction was performed by study personnel and included date of injury, injury diagnosis and type, body part and side involved in the injury, disposition, days lost, and if available, information on treatment and confirmation of diagnosis.

# FORT JACKSON 1988 DATABASE
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# FORT JACKSON 1988 DATABASE
## PUBLICATIONS UTILIZING THESE DATA

Canham ML, McFerren MA, Jones BH. The association of injury with physical fitness among men and women in gender integrated basic combat training units. MSMR 1996; 2(4):8-12.

Jones BH, Bovee MW, Knapik JJ. Associations among body composition, physical fitness, and injury in men and women army trainees. In: Marriott BM, Grumstrup-Scott J, editors. Body composition and physical performance. Washington DC: National Academy Press 1992; 9:141-173.

Jones BH, Cowan DN, Knapik JJ. Exercise, Training and Injuries. Sports Med 1994; 18(3):202-214.

Friedl KE, Vogel JA, Bovee MW, Jones BH. Assessment of body weight standards in male and female army recruits. Technical Report T15-90. Natick, MA: US Army Research Institute of Environmental Medicine 1989.

Bell NS, Mangione TW, Hemenway D, Amoroso PJ, Jones BH. High injury rates among female army trainees: A function of Gender? A thesis submitted to the faculty of The Harvard School of Public Health 1994.

## APPENDIX A                    Protocol

"Longitudinal Assessment of Body Weight/Fat Procurement Standards": Purpose is to examine discrepancies between female and male procurement standards for body weight and the standards for retention in military service. Procurement standards to be evaluated against physical fitness test performances in recruits and subsequent success during basic training and first unit assignment.

## APPENDIX B                    Questionnaire

Survey responses included assessment of background demographics, current and prior physical activity during the year before enlistment, health and past injuries, exercise and sports in the month prior to enlistment, and several miscellaneous questions requiring subjective responses from the recruits.

## APPENDIX C                    Data Collection/Extraction Forms

Included are data collection forms for separate anthropometric measurements of females and males, and daily training logs used by each unit for listing training activities, including duration and distance for running and/or marching. Data extraction forms used for medical record review of injuries and illnesses are also included.

## APPENDIX D                    Database Codebooks

Codebooks are presented for ten files maintained in the database, to include the main file, METS file, anthropometric file, physical training (PT) file, injury and illness files, and four remaining files containing questionnaire data (general history, health history, activity history, and miscellaneous history). Codebooks include field names, descriptions, missing values, calculations, formats and frequencies/means of responses. Included in this appendix are additional coding notations utilized to maintain consistent coding of injury and illness variables.

# FORT JACKSON 1988 DATABASE
## APPENDICES DESCRIPTIONS

**APPENDIX E**                **Tables and Histograms for Female Recruits Demographics, Anthropometrics, Risk Factors, and Fitness Measures**

Descriptive information for female recruits is presented in tabular form to include statistical data along with corresponding histograms or bar charts. Descriptive information includes demographics, anthropometrics, risk factors, and fitness measures for female recruits participating in the study.

**APPENDIX F**                **Tables and Histograms for Male Recruits Demographics, Anthropometrics, Risk Factors, and Fitness Measures**

Descriptive information for male recruits is presented in tabular form to include statistical data along with corresponding histograms or bar charts. Descriptive information includes demographics, anthropometrics, risk factors, and fitness measures for male recruits participating in the study.

# APPENDIX A
# PROTOCOL

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## PROGRAMMED RESEARCH AND RELATED ACTIVITIES

| STUDY TITLE: | LAB IDENTIFICATION NO.: |
|---|---|
| Longitudinal assessment of body weight/fat procurement standards | PH-2-88 |

**TYPE OF ACTIVITY OR RESEARCH:**

[xx] Human (This research [ ] does [ ] does not fall within limitations of an approved Type Protocol

[_] Animal            [ ] Laboratory

[_] Other             [xx] Field

| Estimated Starting Date: | Estimated Completion Date: | Review Date: |
|---|---|---|
| 1 June 1988 | 1 June 1990 | |

**PERSONNEL:** (List all personnel, with responsible investigator first. Estimate % time of each between start and completion dates.)

Maj Bruce H. Jones, MC    Responsible Investigator
SSG Calvin Witt          Co-principal Investigator
James A. Vogel, Ph.D.     Co-principal Investigator

**SPECIAL SERVICES AND FACILITIES REQUIREMENTS:** (Check pertinent blocks)

[ ] Animal (See USARIEM Memo 70-3)
[ ] Additional personnel including work period adjustments
[ ] Use of Radioisotopes
[ ] Contracts for services
[ ] Statistics
[ ] Computer (ADP Office)
[ ] Test Subjects
[ ] Volunteer statement
[ ] Medical Coverage
[ ] TDY Costs
[ ] Climatic Chambers Building
[ ] Chambers, ARIEM Building (Specify _____ )

**REMARKS:**
This study is being carried out in response to a tasking from HQDA-Office of the Deputy Chief of Staff for Personnel (Military Personnel Management).

**NOTE:** Responsible investigator's signature below indicates that preliminary arrangements have been made and administrative and scientific lead times have been considered. The responsible investigator must confirm action on the above.

BRUCE H. JONES, MAJ, MC    Date: 25 MAR 1988    JAMES A. VOGEL, PH.D.    Date:
Submitted by (Responsible Investigator)      Recommend Approval/Disapproval: (Lab Dir)

Date:                        Date:

Recommend Approval/Disapproval: (Work Unit Coordinator)    Recommend Approval/Disapproval: (Assistant to CDR/DIR)

JOHN P. CUSACK, CPT, MS    Date:

Work Unit Title & No.: 123      Fiscal Approval/Disapproval: (Budget Officer)

Tech Proj. (WFM, RBS, ILIR)
3E162787A879      DAVID D. SCHNAKENBERG, COL, MS    Date: 29 April 88

Cost Code:      Approved/Disapproved: (CDR/DIR)

Approval from higher headquarters required?   [ ] No   [ ] Yes (If yes, must await final approval from USAMR&DC)

STSNL Form 745
1 Mar 74    PREVIOUS EDITIONS OF THIS FORM ARE OBSOLETE.    (USARIEM Memo 70-1)

Title: Longitudinal assessment of body weight/fat procurement standards

Abstract

This project examines the apparent discrepancy between men and women's procurement (entrance) standards for body weight and their link to the retention standards. The procurement standards will be evaluated against performance criteria related to success during initial training and unit assignment in the Army. Two thousand new entrants will be measured at the Fort Jackson Reception Station for height, weight, body fat, demographics, prior activity and injury history, strength, flexibility and leg/feet anatomy. Followup "performance" data will be collected at the end of basic training, end of advanced individual training and during the first year of the first unit assignment. This will include such information as discharge/recycle, injury and illness data, body fat, body weight, fitness test scores, attrition, re-enlistment eligibility and promotions. Results will be analyzed for possible recommendations for changes in procurement body weight standards and the establishment of new procurement body fat standards. This study will also be utilized to add to our current store of knowledge concerning the epidemiology of physical training related injuries, particularly the factor of gender.

# I. Introduction

The U. S. Army has two separate body weight standards, one for entrance into the Army, referred to as the procurement standard (AR40-501), and one for retention in the service as outlined in its Weight Control Program (AR600-9). For men, the procurement standard is approximately 30 lbs greater than the retention standard for a particular height, thus allowing the new recruit 3-6 months to meet the more demanding retention standard. The women's procurement standard, in contrast, is virtually identical to their retention standard and thus does not allow a "grace period" to meet the retention standard. The Army currently accommodates for this discrepancy by giving waivers to women for the procurement weight standard but seldom grants them to men.

Recognizing this apparent discrepancy in the maximal allowable weight procurement standards between men and women, the Director, Directorate of Accession Policy, Office of the Deputy Assistant Secretary of Defense for Military Manpower and Personnel Policy, requested in 1984 that the Defense Manpower Data Center (DMDC) examine the standards and this apparent discrepancy. Their study demonstrated that the rejection rate for exceeding procurement weight standards is six times greater in women than men. The DMDC study report (1) concluded that the higher rejection rates for women (because of body weight) were a consequence of a combination of a more restrictive standard for women as well as a more overweight pool of applicants relative to men. They suggested that equivalent standards could be established by using a percentage of the mean population body weight for each gender. The Army did not concur with this recommendation.

Pressure from the Office of the Secretary of Defense remained to resolve this apparent gender discrepancy in procurement weight standards. A meeting

of key Army players (ODCSPER, DASA, OTSG) was convened on 27 May 1987 to further study this issue (3). This group concluded that: a) the procurement standards do need to be changed, b) the change should include a body fat component as exists in the retention system, and c) that a study should be done to evaluate the proposed changes. This committee's findings led a tasking to which this research protocol responds. This tasking requests the Exercise Physiology Division to examine current and proposed male and female procurement standards and determine the need for an accompanying body fat standard.

Rationale already exists upon which to justify an adjustment in women's body weight procurement standards. The more restrictive women's standards are already recognized by the fact that weight waivers are more often granted to women than to men (15.7% versus 1.1%) (4). Secondly, it has been shown that the median female recruit is at 95% of the maximal allowable weight (MAW) whereas the median male is at 75% of MAW (2). Thirdly, women's retention standards were recently adjusted upward by 5% without any adjustment in the procurement standard (male standards were not changed). Based on these three facts, it appears justified to adjust the women's standard upward without the need for any further data collection. However, this might give the appearance of being arbitrary as well as the fact that many questions remain unanswered. For example, attrition rates among women (21%) during basic training are about 50% higher than men (14%) (2). Data suggest that there is a mild 'U' shaped relationship between entry weight and attrition from all causes in men, but there is no such apparent relationship in women (2). Other studies support this (5,6) but data are limited.

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Data collected by our Institute show that both men and women tend to lose body fat during basic training (about 2 percentage points) but may or may not change their body weight depending on the amount of fat free mass that is developed (7,8). There is a need to more firmly establish the relation between entry body weight and body fat with subsequent outcomes, including attrition, training injuries and fitness scores during basic training. Unpublished data from this laboratory (Jones) indicate that percent body fat is a better predictor of physical fitness than body mass index. Jones has also found that percent body fat is related to attrition in female recruits. The relationship of initial body fatness to later referrals to the weight control program is not known and should be examined.

In summary, there is a need to re-examine the link between accession standards and retention standards and to validate these standards against performance outcomes.

In a separate tasking from the Department of the Army, the Exercise Physiology Division is examining the incidence of and risk factors for physical training-related injuries in new accessions. Since excess body weight or body fat is an important risk factor in physical training-related induced injuries, and, at the same time, injuries may be an important "performance" outcome upon which to base accession weight or body fat standards, it is planned to expand this study to include further data collection on the incidence of training injuries. The Exercise Physiology Division has previously conducted three major studies of Army populations concerned with various aspects of the incidence and predisposing risk factors for injuries related to physical training in initial entry (recruit) training: HURC protocols #159, 227, and 279. These studies have advanced our knowledge

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of the incidence rates of various types of injuries as a function of a variety of potential predisposing risk factors, e.g., prior activity history, physical fitness level, prior injuries, anatomic deviations, age, gender, footwear, body weight and body fat, and the volume and mode of training. HURC #279 presents a detailed review of literature on these factors. An attached information paper (Appendix A) provides a further review. Inclusion of injury data in addition to discharge and recycle data in this study will further advance our knowledge of these risk factors, and, in particular, as an outcome of varying degrees of overweight vs. overfatness.

IV. Objectives

The objectives of the proposed investigation are:

a. Establish the relation between accession weight-height values and subsequent military performance (success in BT, AIT and first assignment) as a function of gender.

b. Determine the appropriate relationship between accession standards and retention standards.

c. Determine if a measure of % body fat (as a secondary screen) should be added to the accession standard as it is for the retention standard.

d. Recommend appropriate accession standards for men and women based on predicted performance (without considerations of manpower availability and requirements).

e. Ensure that recommended standards give equal treatment to the three primary racial groups.

VI. Design

Sample and Sample Size

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The interaction of gender and race on the relationship between weight or fat standards and performance will be studied. Statistical power analysis to determine the needed population sample size has shown that a sample of about 600 accessions per group is required, based on projected attrition rates of 20% for women and 15% for men. However, it is not practical to accumulate male and female Hispanic samples of 600 each and furthermore probably is not necessary. Recent research from this laboratory (10) indicates that body composition variables of Hispanics track very closely with Whites while Black data appear to be different. Thus, we are proposing that only two racial groups be sampled and analyzed; Black and White/Hispanic. Thus, with two gender groups and two racial groups, or a total of 4 groups x 600 per group, a total sample size of 2400 will be required for the study.

### Range restriction

The validity and potential statistical power of these data will be hampered by not being able to include individuals in the upper weight range because they are barred from enlistment due to the current weight standard. The use of a more liberal waiver policy for excess weight during the course of this study is not possible. This problem will be dealt with through statistical extrapolation procedures (9) even though assumed linearity may be a problem.

### Data collection plan

All new accession data collection/measurement will be carried out at a single reception station, Ft. Jackson, S.C., that will provide a heterogenous male and female sample. Rather than random sampling, total sampling will be carried out, minus those not wishing to volunteer (usually less than 1%) until the sample size quota is met in each of the sample groups. Each new accession

that is sampled will have their records tagged to enable acquisition of their subsequent performance data. "Hands-on" measurements will be made only at the reception station and at end-of-cycle at the basic training center. All other data will be obtained from the respective unit and individual medical files.

Prior to the initiation of the data collection, each accession will be briefed on the nature and extent of measurements to be made, the information being requested via questionnaire and the information that will be extracted from their medical file and unit training records. Their written informed voluntary consent will be requested. Those not giving their consent will be excluded from the study.

<u>Measurements and data to be collected:</u>

1. At Reception Station

| | | |
|---|---|---|
| Height | Demographics | Anatomy Exam of feet and legs |
| Weight | Activity History | Flexibility measures |
| % body fat | Prior injury | |
| Strength measures. | | |

2. At Basic Training Center and Advanced Individual Training location

| | |
|---|---|
| Discharge/recycle data | Physical Fitness Test Scores |
| Injury data | Training log data |
| Weight | % Body fat |
| Medical record data | |

3. During first unit assignment tour

| | |
|---|---|
| Attrition | Re-enlistment eligibility |
| Weight | Injury/illness data |
| Physical Fitness Scores | Promotion/grade |
| Weight control program | Training program data |
| Medical record data | |

VII. Measurements

1. Background demographic information, prior and current physical activity history and prior injury history will be collected via the administration of a questionnaire (see Appendix B).

2. Height and weight

Stature will be measured with a calibrated anthropometer with the subject standing erect in stocking feet. Body weight will be measured to the nearest 0.1 kilograms on a calibrated electronic balance in shorts, T-shirt and stockings. Body mass index (weight/height$^2$) will be calculated.

3. Percent body fat will be estimated by the current Army procedure of body circumference measurements. This involves neck and abdominal circumference for men and hip, neck, forearm and wrist circumferences for women. Circumferences will be measured with a Gulich spring-loaded tape measure by a trained technician.

4. Leg and feet anatomy - qualitative and quantitative morphological assessment of lower extremity anatomy will be made.

a. qualitative assessment of the lower extremity:

i. Feet - an experienced clinician will categorize subjects as exhibiting flat (per planus), normal, or high arched (per cavus) feet.

ii. Legs - subjects legs will be categorized by appearance as bowed legs (genu varum), normal legs, or knock-kneed (genu valgum). These subjective ratings will be compared to the quantitative ones described below.

b. quantitative assessment of the lower extremity:

i. Feet - subjects will stand on a plexiglas grid with mirrors attached such that a single photograph will show three views of the foot (sole, heel, and medial side). The technology will be provided by the

Nike Shoe Research Laboratories (see Appendix C). These pictures will be digitized for measurement and morphological assessment. Pictures will be taken in the loaded (weight bearing) and unloaded state.

ii. Legs - anterior and lateral photographs of the whole body will be taken with key reference landmarks of the lower extremity (anterior iliac spines, lateral femoral condyles, mid-point of the patella, tibial tuberosity, medial and lateral malleoli) marked (see Appendix C, Fig. 2). Subjects will be photographed standing erect in shorts and bare feet with heels three inches apart and in 15 degrees of external rotation. These photographs will be digitized using the reference landmarks so that leg lengths, Q-angles, angulation of the thigh with the leg, and internal and external rotation of the knees can be quantified (12, 13, Appendix C - Fig. 3).

5. Flexibility and Range of Motion

a. Flexibility of the back and hamstrings - for this measure subjects will be instructed to sit on the floor with legs extended and feet resting with soles against the wall of a box. A ruler will extend from the box 30 cm towards them in the midline of their body. They will be instructed to reach forward on the ruler as far as they can without discomfort. The maximum forward reach of their finger tips will be measured three times and averaged (13, 14, Appendix D). Appendix 3).

b. Range of motion of the foot - standard gonimetric techniques will be used to assess the range of action of the foot. Subjects will sit on a flat elevated surface (table) with legs extended. In this position the foot will be dorisflexed until resistance is met, a goniometer will be used to measure the angle between the mid-line of the lateral leg and the lateral line

parallel to sole of the foot. The foot will then be plantar flexed and a measure of the angle of the same reference lines will be made (12, see Appendix D, Fig. 2). see Appendix 3), Fig. 2).

6. An estimate of general body strength will be obtained from a measurement of maximal isometric handgrip strength. Maximal handgrip force correlates well with overall body muscular strength. Isometric handgrip strength will be measured using the technique described by Ramos and Knapik (11). The handgrip device has an adjustable grip connected to a load cell transducer and digital readout. The subject sits in front of a table holding the device with his/her forearm horizontal on the table top. The subject is asked to rapidly exert maximum pressure on the grip without jerking and continuing the pressure for several seconds until a peak force is obtained. Three readings are averaged with brief rest periods intervening.

## VIII. Records data collection

During the follow-up phases, it will be necessary to extract information from unit and individual records, as follows:

1. The medical records for each participant will be examined by a physician at the end of basic training, end of advanced individual training and at the completion of one year of their first unit assignment. Emergency room records will also be examined to be sure that all data has been captured. Data extracted from the medical record will include diagnosis date of visit, locations of injury, disposition, treatment, and any confirmation of diagnosis.

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2. Unit files and training center records will be reviewed for any administrative type action on any participant, e.g., discharges, recycles, weight control program, promotion, etc. Unit files will also be reviewed to yield physical training logs and physical fitness test scores at the same three time points mentioned above.

## IX  Statistical Analysis

An univariate analysis of male vs. female, white-male versus black-male and white-female vs. black-female, and high scores vs. low scores for predictive/risk factors (high % body fat, weight, physical fitness level, etc.) of injury, discharge, recycle, etc. Multivariate analysis with Mantel-Haenszel Chi Squares and logistic regression to control for confounding factors and to weigh the relative effects of multiple risk factors, will be carried out using BMDP and SPSSX statistical packages.

## X  Medical Safety

The physical measurements used in this study, back and hamstring flexibility, foot range of motion, handgrip strength and circumference measures are non-invasive and pose no significant threat of injury to the subject.

## XI  References

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APPENDIX   A

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25 Feb 1988

INFORMATION PAPER

RISKS OF INJURY ASSOCIATED WITH PHYSICAL
TRAINING AND EXERCISE IN MILITARY AND CIVILIAN
POPULATIONS

Introduction

This paper will provide an overview of the epidemiologic evidence
regarding the risks of injury associated with physical training and exercise
in military and civilian populations.

It has been known for some time that highly trained competitive athletes
are likely to sustain "overuse" injuries (James et al., 1978). There is also
an increasing awareness that individuals engaged in lower levels of physical
activity, including soldiers in the Army or civilian runners or joggers and
other fitness groups, are susceptible to these types of injuries as well
(Bensel 1976, Bensel 1983, Kowal 1980, Dziados 1986, Clement 1981, Koplan
1982.

In addition to simple overuse injuries, physical activity may also result
in more serious impairments (e.g., stress fractures) that can require
prolonged intervals of time for healing and rehabilitation.

Interest in injuries resulting from physical activity has increased in
recent years as the population of exercise conscious adults has grown and as
the military has placed increasing emphasis on weight-bearing activities such
as running. Injuries related to this activity include stress fractures,
achilles tendonitis, plantar faciitis and patellar femoral syndrome, among
others (Jones 1983, Clement 1981, Pagliano 1980). Although specific injuries
such as these are of interest, the focus of the following discussion will be
on the magnitude of the injury epidemic in active populations and risk factors
for musculoskeletal injuries in general.

Magnitude of the Injury Epidemic

Military Studies

In trained soldiers at Ft. Lewis, Washington, LTC Pitt Tomlinson has
reported 80 musculoskeletal injuries per 100 troop-years, of which 55 percent
or 45 per 100 troop-years were exercise or sports related. Rates among
females were half those among males (Tomlinson 1986). This type of physical
activity related injury accounted for 3,000 to 5,000 hospitalizations and
100,000 hospital days Army-wide in 1981 (Health of the Army Supplement 1981).

Much more information is available on basic training populations where the
injury rates are much higher over the 8-week training cycle and are therefore
of greater concern to the Army.

A-2

At Ft. Jackson in 1984 the cumulative incidence of injury among males over the 8-week cycle was 29 percent and for females it was 50 percent (Dziados 1986). These incidences were similar to those found by Bensel (1983) and Kowal (1980). Over half of these injured males and females were limited in their duties for one day or more. Ninety-two percent of the injuries among females and 88 percent of injuries among males were to the lower extremity. A total of 51 sick call visits were made by the 124 males over the 8-week cycle for a rate of 7.3 visits per 1000 troop-days. There were 136 visits by the 186 female trainees -- a rate of 13.1 visits per 1000 troop-days.

To illustrate the relative importance of injury versus illness, males and females together (n=310) suffered 580 days of limited duty due to injury versus only 42 due to illness over the 8-week course of basic training. The rates of limited duty due to injury for males and females were 14 days per 1000 troop-days and 45 days per 1000 troop-days, respectively.

## Civilian Data

Ken Powell (1985) of the Centers for Disease Control has estimated that there are 12 million recreational runners in the United States. Koplan (1982), also of the CDC, found in a survey of 2500 runners that 37 percent were injured over the course of a year, with 13 percent of the males and 17 percent of the females seeking medical attention for their injuries. If these rates are characteristic for all recreational runners, it would be estimated that there are 4.6 million injuries suffered and 1.8 million medical consultations generated by this population annually.

## Risk Factors for Injuries Related to Physical Activity

It should be clear from the foregoing discussion that training injuries are a significant problem for vigorously active individuals in both military and civilian populations. The big questions in both of these populations are to what degree can these injuries be prevented while developing physical fitness and what levels of risk are acceptable given the expected benefits. In order to understand and prevent these injuries, risk factors for injury must be identified. Some of these are listed in Table 1.

### Training

Perhaps the most important variable to consider is training itself. The parameters varied to achieve a training effect are the intensity, duration and frequency of activity. These parameters also affect the likelihood of injury (James 1978, Brody 1980).

To determine the effect of frequency of training on injury rates and on endurance as measured by $VO_2max$, Pollock et. al. (1977) conducted a study holding the duration of training constant at 30 minutes/day at 85-90 percent of heart rate maximum over 5 months. They found that as training frequency increased from 1 to 3 to 5 days/week injury rates increased from 0 to 12 to 39 percent, respectively, while $VO_2max$ increased from 8 to 13 to 17 percent.

In another experiment to determine the effect of duration of training on endurance capacity and injury rates, Pollock and his colleagues held the

frequency of training constant at 3 days per week at 85-90 percent of heart rate maximum. They observed that as duration of training increased from 15 to 30 to 45 minutes per day, injury rates increased from 22 to 24 to 54 percent, with increases of 9, 16 and 17 percent in $VO_2$ maximum at the end of the 5-month training period.

Duration of training can be measured either in terms of time or distance run. A survey of runners by Koplan et. al. in 1982 found that the incidence of injury increased as the miles run per week increase. Injury rates increased from 20 to 25 percent for males and females running 0-9 miles per week to 55 to 70 percent at 50+ miles per week.

From the preceding data it seems clear that injury rates can be expected to increase as frequency and/or duration of training increase.

However, for other risk factors the relationship to injury rates has not been as clearly established.

## Equipment

It is likely that wearing the appropriate footwear for specific activities can influence rates of injury. However, the fact remains that no studies have examined the relationship of any type of footwear (shoes, boots, etc.) and the incidence of injury from an epidemiologic perspective.

## Training Surface

Much mythology also exists regarding the best type of surfaces on which to train. Roads have been greatly maligned in the literature largely because of their hardness, whereas trails, tracks and grass have been touted as nearly ideal training surfaces. In regard to these latter surfaces, however, it should be kept in mind that they are all rough and unpredictable. Thus, they not only expose the runner to the threat of sudden traumatic injuries, such as ankle sprains, but increase biomechanical stress and strain due to compensatory postural adaptations to uneven surfaces, which may also be a cause of overuse injuries. Roads, which provide a level and predictable training surface, may not be the hazard to runners which they have been portrayed to be, especially if shock absorbent footwear is worn.

## Physical Fitness

Physical fitness is probably an important factor in the causation or prevention of injury. However, what is important may not be just endurance conditioning but also muscle strength and skeletal conditioning.

In order to study the relationship of fitness to injury a prospective study of basic trainees was conducted at Ft. Jackson in 1984 (Dziados 1986). This was an exploratory study intended to generate further hypotheses and to gain more insight into training issues. This study examined the association between endurance and muscle strength and injury rates.

The measure of endurance was a 1-mile run, for which the median time among male trainees was 7 minutes with a range from 5.9 minutes to 11.5 minutes.

There appeared to be a trend of increasing risk of injury from the fastest quartile to the slowest quartile, and comparing quartiles 1 and 2 with quartiles 3 and 4 the risks were 13 percent versus 33 percent (p=.03).

This study also examined strength as measured by push-ups, and it appeared that those males in the highest quartile in numbers of push-ups were at the lowest risk of injury, 12 percent, versus 33 percent for the lower 3 quartiles (p=.03). Results for sit-ups were of marginal significance. A similar pattern of association was observed for women. Thus, the Ft. Jackson data suggest an association between low levels of fitness and injury during Army basic training. This factor clearly deserves further study.

For the military, injuries are not the only adverse outcomes of basic training that are related to physical fitness. The study at Ft. Jackson in 1984 also found an association between prior history of physical activity and incidence of discharge.

Using a questionnaire administered to basic trainees prior to the onset of training, it was found that trainees in the higher three quartiles of years of prior routine physical activity were at decreased risk of discharge, 15 percent, versus 37 percent for the lowest quartile (p<.01). Similarly, those who reported being currently active were at less risk of discharge (17%) as compared to those who were active in the past (30%) or those never active (60%), (p<.03).

Another fitness-related outcome that should be examined in basic training populations is the rate of recycling of trainees who do not meet minimum fitness standards at the end of the basic cycle.

Body Composition

Obesity has also been speculated to contribute to the risk of injury secondary to weight-bearing physical training. However, the evidence for this association is slim.

Bensel in a 1976 study of marines found that "obese" recruits were at 2.7 times the risk of heel contusions as normal-weight recruits. The only other reports in the military literature are anecdotal (Johnson 1963, Kowal 1980). Unpublished data from Ft. Jackson in 1984 suggest a possible association between increased incidence of injury and both low and high Body Mass Index.

Sex

It has been assumed in the past that women are at higher risk for training injuries than men. Because of such speculation women were prevented from competing in international distance running competition until the last decade.

Data from Army basic training populations have consistently found that women are at greater risk of injury in this environment. At Ft. Jackson in 1984 the relative risk of injury in women versus men was 1.7 (p<.0005), and this was consistent with Bensel's finding of a relative risk of 1.8 in 1983.

The unanswered question is how to account for the discrepancies between the surveys of civilian runners mentioned earlier and these findings in Army trainees. It may be that sex per se is not the primary risk factor for women entering the Army, but rather that women have lower levels of fitness than men and higher percents of body fat.

### Age

Increasing age is usually considered a risk factor for injury. However, at the Boston Marathon and other marathons, while older individuals may have been more prone to injury, the fact is that their injury rates at finishline medical areas have actually been lower.

At the 1984 Boston Marathon risks of injury decreased from 3.4 percent for men under 30 to 1.5 percent for those over 40 years old; risks also decreased from 12.4 percent to 9.1 percent for men and women in these same age groups at the Sheffield Marathon in 1982.

It is not clear how to explain these data except to say that older individuals at the Boston Marathon run slower and are more likely to drop out, suggesting that perhaps they modify their risk by judicious exercise practices.

### Conclusion

In summary, injury rates are a significant consideration for any vigorously active civilian or military population. Furthermore, training parameters themselves are such an important element of risk that they should be well documented, along with injury rates, in all studies examining other risk factors.

If prevention is our concern the focus of our attention should be on modifiable risk factors such as mileage run, footwear, training surface, and changes in fitness level or body composition. For military populations, some of the long- and short-term objectives of physical training studies are outlined in Table 2.

Only a handful of studies on risks of injury have been done to date and further studies of specific populations and of general and specific risk factors are necessary.

TABLE 1

RISK FACTORS FOR PHYSICAL TRAINING INJURIES

EXTRINSIC RISK FACTORS:

    1.   TRAINING PARAMETERS (rapid increases)

    2.   EQUIPMENT (shoes, boots, etc.)

    3.   TRAINING SURFACES (roads, grass, etc.)

INTRINSIC RISK FACTORS:

    1.   LOW LEVEL OF FITNESS

    2.   ANATOMY (flat feet, bow legs, etc.)

    3.   BODY FAT (high percent)

    4.   SEX (female)

    5.   AGE (older)

    6.   PRIOR INJURY (severe injuries)

TABLE 2

PHYSICAL TRAINING INJURY STUDIES

SHORT-TERM OBJECTIVES:

    1.  DEFINE MAGNITUDE OF THE PROBLEM FOR
        INDIVIDUALS AND THE ARMY

    2.  IDENTIFY RISK FACTORS

LONG-TERM OBJECTIVES:

    1.  ESTABLISH ACCEPTABLE RISKS -- MEDICAL,
        MILITARY AND FINANCIAL

    2.  ESTABLISH PREVENTIVE MEASURES

    3.  ESTABLISH SURVEILLANCE MECHANISM:
        MONITOR EFFECTIVENESS OF PREVENTION AND
        NEW HAZARDS

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APPENDIX    B

# PHYSICAL ACTIVITY AND INJURY QUESTIONNAIRE

In this questionnaire you will be asked questions about yourself and your lifestyle. These will include questions about you, questions about your physical activities during leisure time and at school and work, and questions about your health and injuries you might have suffered before coming into the Army. You should read instructions carefully and answer all questions as directed. Use the number 2 pencil provided to mark your answers on the questionnaire you have been given. Only the first sheet of this questionnaire will have your name and Social Security Number on it. All the other sheets should have your subject number in the upper right corner. Your subject number is in the upper right corner of this page. Check to see that the number in the upper right corner of this first page is the same number that is at the top right corner of all the other pages of this questionnaire. If the number is absent or incorrect notify the monitor. Please print all answers clearly.

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -
## I. GENERAL QUESTIONS
- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

NAME _____
　　　　Last　　　　　　　　　　　First　　　　　　　　　　　MI

SSN _____ _____ _____ · _____ _____ · _____ _____ _____ _____

DATE OF BIRTH _____/_____/_____　　　AGE_____　　　SEX _____ Male
　　　　　　　　　Mo　Day　Yr　　　　　　　　　　　　　　　 _____ Female

What STATE did you live in before entering the Army? _____
　　　　　　　　　　　　　　　　　　　　　　　　　State, Territory or Country

1. EDUCATION: How much education have you had since starting high school? (give number of years of high school and college, technical school, Jr. college or other full time school or training, and years of graduation or last year attended.)

|  | NUMBER OF YEARS | YEAR OF GRADUATION (OR LAST YEAR) |
|---|---|---|
| HIGH SCHOOL | _____ | _____ |
| COLLEGE | _____ | _____ |

2. WORK: Have you had a job in the last year? ☐ Yes ☐ No, if no go to question 3

If yes, give the name of your job or jobs starting most recent one, and list how many hours per week you work and which months of the year you worked that job.

| JOB (name) | HOURS WORKED PER WEEK | MONTHS WORKED |
|---|---|---|
|  |  | J F M A M J J A S O N D J |
|  |  | A E A P A U U U E C O E A |
|  |  | N B R R Y N L G P T V C N |
| _____ | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ |
| _____ | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ |
| _____ | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ |

3. EDUCATION IN LAST YEAR: Were you in school in the last year?

   a. ☐ Yes ☐ No, if no go to question #4

   b. If yes, which months were you in school?
   Jan ☐ Feb ☐ Mar ☐ Apr ☐ May ☐ Jun ☐
   Jul ☐ Aug ☐ Sep ☐ Oct ☐ Nov ☐ Dec ☐
   Jan ☐

   c. Also, in the months you attended school how many days per week did you usually attend classes?
   _____ Days per week.

   d. And, about how many hours per day did you attend classes?
   _____ Hours per day.

4. NOT IN SCHOOL AND NOT WORK: Were there any months in the last year that you were not in school and also not working at a job?

   ☐ Yes ☐ No, if no go to question 5

   If yes, which months were you both unemployed and not in school?
   Jan ☐ Feb ☐ Mar ☐ Apr ☐ Mar ☐ Jun ☐
   Jul ☐ Aug ☐ Sep ☐ Oct ☐ Nov ☐ Dec ☐
   Jan ☐

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## II. PHYSICAL ACTIVITIES, SPORTS AND FITNESS

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5. PHYSICAL ACTIVITY: In regard to physical activity, how would you describe your life before coming into the Army?
   ☐ Very active
   ☐ Active
   ☐ Average
   ☐ Not very active
   ☐ Inactive

6. FITNESS ACTIVITY: Have you ever exercised regularly just to keep physically fit in your life? Not including organized sports. (Regular exercise means exercise 2 or more days per week for 15 minutes or more at least 3 months of the year.)
   ☐ Yes ☐ No, if no go to the next question.

   If yes, what years did you exercise regularly to keep fit?
   ☐ 86 ☐ 85 ☐ .4 ☐ 83 ☐ 82 ☐ 81 ☐ 80 or Earlier

   And, what fitness exercise activities (running, aerobics etc.) did you do most often?
   Exercise activities: _____
   _____

7. SPORTS PARTICIPATION: When you were in high school or college did you participate in any of the following types of sports?

YEARS PLAYED

86 85 84 83 82 81 80 79 EARLIER

| YES | NO | | 86 | 85 | 84 | 83 | 82 | 81 | 80 | 79 | EARLIER |
|-----|----|----|----|----|----|----|----|----|----|----|---------|
| ☐ | ☐ | Did you participate in sports? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Sports with friends, "pick up" games | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Intramural, non-varsity school sports | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Varsity sports in school or college | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Organized non-school team sports, like YMCA or church league basketball, or American legion baseball etc. | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

8. ORGANIZED SPORTS: What organized sports did you participate in high school and/or college?
   List them: _____
   _____

9. VARSITY LETTER: Did you receive a varsity letter in any high school or college sports?
   ☐ Yes ☐ No, if no go to next question.
   If yes what sports _____

10. PHYSICAL FITNESS: How would you rate your current physical fitness compared to others of your age and sex?
    ☐ Excellent
    ☐ Above average
    ☐ Average
    ☐ Below average
    ☐ Poor

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## III. PHYSICAL ACTIVITY IN SCHOOL, AT WORK, AND AT HOME

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

11. WALKING: In the last year if you had to go someplace more than a 15 minute walk (3/4 of a mile or 9 blocks) away would you walk there?
    ☐ Always                ☐ Less than half the time
    ☐ More than half the time    ☐ Never
    ☐ Half the time

12. WEEKLY WALKING: In the last year about how many times per week did you walk more than 15 minutes without stopping? (Don't count walking for exercise or pleasure).
    Number times walked per week _____

13. STAIRS: In the last year if you had a choice of walking up 3 floors of stairs or taking an elevator, how often would you walk up the stairs?
    ☐ Always              ☐ Half the time        ☐ Never
    ☐ More than half the time    ☐ Less than half the time

14. FLOORS OF STAIRS: In the average week over the last year about how many floors of stairs did you walk up?
Floors of stairs per week? _____

15. FLOORS STAIRS WALKED UP PER WEEK? In the average week how often did you walk up 2 or more floors of stairs at one time?
Number of times per week? _____

16. TRANSPORTATION: When you were in high school if you wanted to go someplace more than a 15 minute walk from home how often did you ride in a car.
□ Every time
□ Most times
□ Half the times
□ Few times
□ Never

17. DAYS PER WEEK CAR USED: When you were in high school about how many days a week did you drive your own car or a family car at least once?
□ Never
□ 1 or 2 days
□ 3 or 4 days
□ 5 or 6 days
□ 7 days

18. ACCESS TO CAR: In high school did you usually have access to a car when you wanted to go someplace.
□ Yes   □ No

19. YOUR OCCUPATION LAST YEAR: During the last year, would you describe the amount of physical activity required by your normal occupation (job, or school)? Check the one box which best describes your level of activity most of the year.
□ NO PHYSICAL ACTIVITY-unemployed, vacationing etc.
□ VERY LIGHT PHYSICAL ACTIVITY-student, typist, office worker, primarily sitting.
□ LIGHT PHYSICAL ACTIVITY-service person in store or restaurant, mostly standing or slow walking.
□ MODERATE PHYSICAL ACTIVITY-construction work, house painter, handyman, mechanic, work with moderate lifting and carrying.
□ HEAVY PHYSICAL ACTIVITY-miner, lumber jack, bricklayer, longshoreman, fisherman etc. Jobs requiring heavy lifting and carring or using shovels, picks, etc.

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -
## IV. PHYSICAL ACTIVITIES IN LAST YEAR
- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

20. In the table below a number of physical activities and sports are listed. Read the list and check "YES" in front of any activities you did in the LAST YEAR. If you did not do an activity check "NO". Next go back to all activities you checked "YES", check the months in which you did the activity in the last year; give the number of weeks per months you did the activity;

the number of days on the average per week you did the activity; and the number of minutes you did the activity on thosr days. Finally, in the last column rate the level of effort you usually exerted in doing the activity on a scale of 1 to 5 with:

1 = VERY EASY- breathing easy about same as a walk
2 = EASY- breathing and effort slightly more than a slow walk
3 = MODERATE- breathing definitely increased, but not more uncomfortable
4 = HARD- breathing hard, have to "puch" to keep going, sweating
5 = VERY HARD- breathing labored, very difficult to keep going, sweating heavily effort similar to an all out run.

| YES | NO | ACTIVITY | MONTHS JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC JAN | WKS PER MO | DAYS PER WK | MIN PER DAY | EFFORT LEVEL |
|---|---|---|---|---|---|---|---|
| ☐ | ☐ | Walking | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Hiking/hunting | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Stream fishing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Bicycling | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Running/Jogging | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Calesthenics | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Stretching | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Weight lifting | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Karate/Judo | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Wrestling/Boxing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Tennis/Squash Raquetball etc. | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Basketball | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Football/Rugby | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Soccer/Field hockey | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Rowing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Canoeing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Down hill skiing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Cross country Skiing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Water skiing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Volleyball | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Gymnastics | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Aerobic dance | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Ice skiting | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Roller skating | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Social dance | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |
| ☐ | ☐ | Square dance | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ___ | ___ | ___ | ___ |

|  |  |  | J F M A M J J A S O N D J | W/M | D/W | M/D | EFFORT |
|---|---|---|---|---|---|---|---|
| ☐ | ☐ | Bowling | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Golf | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Other. list: |  |  |  |  |  |
|  |  | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
|  |  | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
|  |  | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## V. HEALTH AND PAST INJURIES

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

21. LOST WORK OR SCHOOL DAYS: Have you ever been suffered an injury or accident that caused you to stay home from school or work for one week or more?

    ☐ Yes

    ☐ No, If no go to next question

    If yes, what was the most recent injury? _____
    Also, what year did it occur? _____

22. EXERCISE OR SPORTS INJURES: Have you ever suffered an exercise or sports related injury that caused you to decrease or quit practicing for 1 week or more?

    ☐ Yes

    ☐ No, if no go to next question.

    If yes, what was the most recent injury? _____
    Also, what year did it occur? _____

23. SURGERY: Have you ever had an injury or accident that required surgery to repair the damage?

    ☐ Yes

    ☐ No, if no go to the next question

    If yes, what was the most recent injury? _____
    Also, what year did it occur? _____

24. HOSPITALIZATION: Have you ever had an injury that caused you to be in the hospital over night?

    ☐ Yes

    ☐ No, if no go to the next question

    If yes, what was the most recent injury? _____
    Also, what year did it occur? _____

25. INJURY: Have you ever been injured or had an accident to one of the following body parts which caused you to alter your daily activities or to miss school or work for several days? Check yes for those body parts injured this severely. Check no for those not injured this severely. Next for all those checked yes give in the spaces provided the name of the injury, the year of the injury, the days it took you to recover fully, if you got medical help (in an emergency room, a doctor's office, a physical therapist, etc.)

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| INJURED BODY PARTS | | | INJURY NAME | YEAR(S) OF INJURY | DAYS TO RECOVER | MED HELP | |
|---|---|---|---|---|---|---|---|
| YES | NO | | | | | YES | NO |
| ☐ | ☐ | Head | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Neck | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Chest | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Stomach | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Shoulder | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Arm | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Elbow | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Wrist | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Hand | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Back | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Hip | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Thigh | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Knee | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Calf | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Ankle | _____ | _____ | _____ | ___ | ___ |
| ☐ | ☐ | Foot | _____ | _____ | _____ | ___ | ___ |

26. BACK AND LEG INJURIES: Have you ever had one of the following injuries to your back or legs? Check yes in front of those injuries you have suffered. Check no for those you have not had. For those you have checked yes give the name of the part of the leg injured, side of injury, R = Right and L= Left, the year of the injury, and the severity of the injury.

1 = Mild injury-mild means the injury did not effect your daily activities
2 = Moderate injury-moderate means the injury affected your daily activities for 1 to 7 days.
3 = Severe injury- severe means it affected your activities for more than 7 days or 1 week.

| INJURED | | TYPE INJURY | SIDE R OR L | PART OF LEG | YEAR INJURED | SEVERITY | | |
|---|---|---|---|---|---|---|---|---|
| YES | NO | | | | | 1 | 2 | 3 |
| ☐ | ☐ | Broken bone | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Stress fracture | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Torn cartilage | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Torn ligaments | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Knee injury | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Sprained ankle | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Other sprain | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Tendonitis | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Ruptured tendon | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Muscle pull | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Other_____ | ____ | ____ | ____ | ☐ | ☐ | ☐ |
| ☐ | ☐ | Other_____ | ____ | ____ | ____ | ☐ | ☐ | ☐ |

27. OTHER HEALTH PROBLEMS: Have you ever had a serious illness or health problem other than an injury?

❏ Yes

❏ No, if no go to next question

If yes, what was the health problem? _____

Also, what year did it occur? _____

28. COLDS OR FLU: Have you had a cold or flu in the last 2 weeks?

❏ Yes

❏ No

29. Fever: Have you had a fever in the last 2 weeks?

❏ Yes

❏ No

30. NAUSEA AND VOMITING, OR DIARRHEA: Have you had nausea with vomiting, and/or diarrhea in the last two weeks?

❏ Yes

❏ No

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## VI. EXERCISE AND SPORTS IN THE LAST MONTH

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

31. EXERCISE IN THE LAST MONTH: Over the last one month, how often did you exercise or play sports for 15 minutes or more?

❏ No exercise or sports in last month

❏ Less than once per week

❏ Two or three times per week

❏ Four or more times per week

32. CHANGE IN EXERCISE IN THE LAST MONTH: How did your level of exercise or sports participation in the last month compare to your usual level of the last year?

❏ Did much more exercise in last month

❏ Did more exercise in last month

❏ Did about the same amount of exercise

❏ Did less exercise in last month

❏ Did much less exercise in the last month

33. JOGGING AND RUNNING: In the last month, how many times did you run or jog more than 15 minutes actual running time?

❏ None, did not run or jog in last month

❏ About 1 time per week

❏ 2 to 3 times per week

❏ 4 or more times per week     ❏ Less than 1 time per week

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34. DISTANCE OF RUNNING AND JOGGING: In the last month, when you ran or jogged, about how far did you normally go (on an average basis)?

☐ Did not run or jog in the last month

☐ Less than 1 mile

☐ Between 1 and 3 miles

☐ 3 to 5 miles

☐ More than 5 miles

35. TIME RUNNING OR JOGGING: In the last month, when you ran or jogged, about how many minutes did you usually run on an average basis?

☐ Did not run or jog

☐ Less than 10 minutes

☐ Between 10 and 20 minutes

☐ Between 20 and 30 minutes

☐ More than 30 minutes

36. OTHER VIGOROUS ACTIVITIES AND SPORTS: In the last month did you do any vigorous exercises or sports other than running that caused you to breath heavily or break into a sweat?

☐ Yes

☐ No, if no go to next question

If yes, what exercise or sports? _____
And, how many times per week? _____

-------------------------------------------------------------------

## VII. MISCELLANEOUS QUESTIONS

-------------------------------------------------------------------

37. BOWED LEGS: Are you more bow legged than most people of your sex?

☐ Yes

☐ No

38. KNOCK KNEES: Are you more knock kneed than most people of your same sex?

☐ Yes

☐ No

39. FLAT FEET: Do you have flatter feet (lower arches) than most people of your sex?

☐ Yes

☐ No

40. HIGH ARCHES: Do you have higher arches than most people of your same sex?

☐ Yes

☐ No

41. FOOT PROBLEMS: Do you have problems with your feet that cause you to limit your daily activities some times?

☐ Yes

☐ No

42. BACK PAIN: Do you have back pain that cause you to limit your daily activities sometimes?

☐ Yes

☐ No

43. WEIGHT: How much do you weigh? _____ lbs.

44. HEIGHT: What is your height in inches? _____ ins.

45. HANDEDNESS: Are you right or left handed?

☐ Right

☐ Left

☐ Both

46. FOOTEDNESS: Which foot do you prefer to kick a ball with or make a long jump from?

☐ Right foot

☐ Left foot

☐ Both

47. BRAND OF TRAINING SHOES: What brand of training shoes did you buy or bring with you to wear during Army physical training?

Brand name _____

Model _____

48. Are your exercise or training shoes made for running?

☐ Yes

☐ No

If no, what sport or activity is your training shoes made for?

Type of shoe: _____

49. COST OF TRAINING SHOE: About how much did your training shoe cost (to the nearest dollar)?

Cost in dollars _____

50. AGE OF YOUR TRAINING SHOES: About how long ago did you buy your training shoes?

☐ Brand new

☐ Less than one week

☐ One week to one month

☐ More than one month but less than six months

☐ Six months to one year

☐ More than one year

51. How well do you think you will fit into the army?
    ☐ Extremely well
    ☐ Well
    ☐ Alright
    ☐ Not to well
    ☐ Poorly

52. How do you think your physical condition compares to others coming into the Army for the first time?
    ☐ Much better than most
    ☐ Better than most
    ☐ About the same
    ☐ Worse than most
    ☐ Much worse than most

53. Have you been in the Army before?
    ☐ Yes
    ☐ No

    If yes what years? _____, _____, _____

54. Were you in a Fitness Training Unit in the last month?
    ☐ Yes
    ☐ No

55. Have you smoked one or more cigarettes in the past year?
    ☐ Yes
    ☐ No, if no go to next question.

    If yes, how many years have you smoked one or more cigarettes? _____

56. In the one month before coming in the Army, on the average, how many cigarettes did you smoke each day? _____

57. During this one month before coming in the Army, what kind of cigarettes did you usually smoke?
    ☐ Non-Filter      ☐ Regular Filters      ☐ Low-Tar

58. ETHNIC GROUP: What most closely describes your ethnic or racial group?
    ☐ White, non-hispanic
    ☐ Black, non-hispanic
    ☐ Hispanic
    ☐ American Indian/Eskimo
    ☐ Oriental/Asian          ☐ Other

    THANK YOU FOR YOUR RESPONSES AND GOOD LUCK WITH YOUR ARMY CAREER.

APPENDIX   C
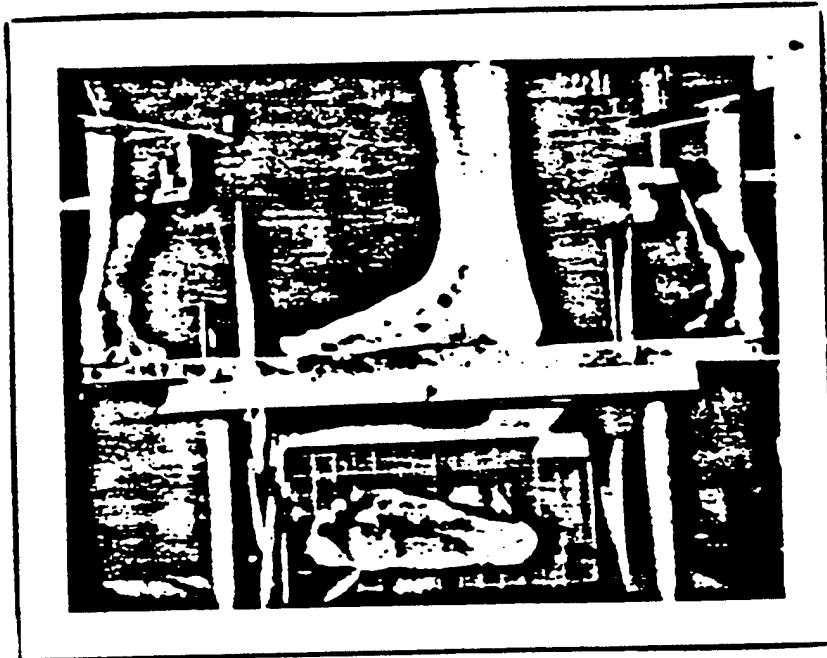
- FIG 1. FOOT MORPHOLOGY PHOTOGRAPHIC PLATFORM
WITH 4 SIMULTANEOUS VIEWS OF THE FOOT
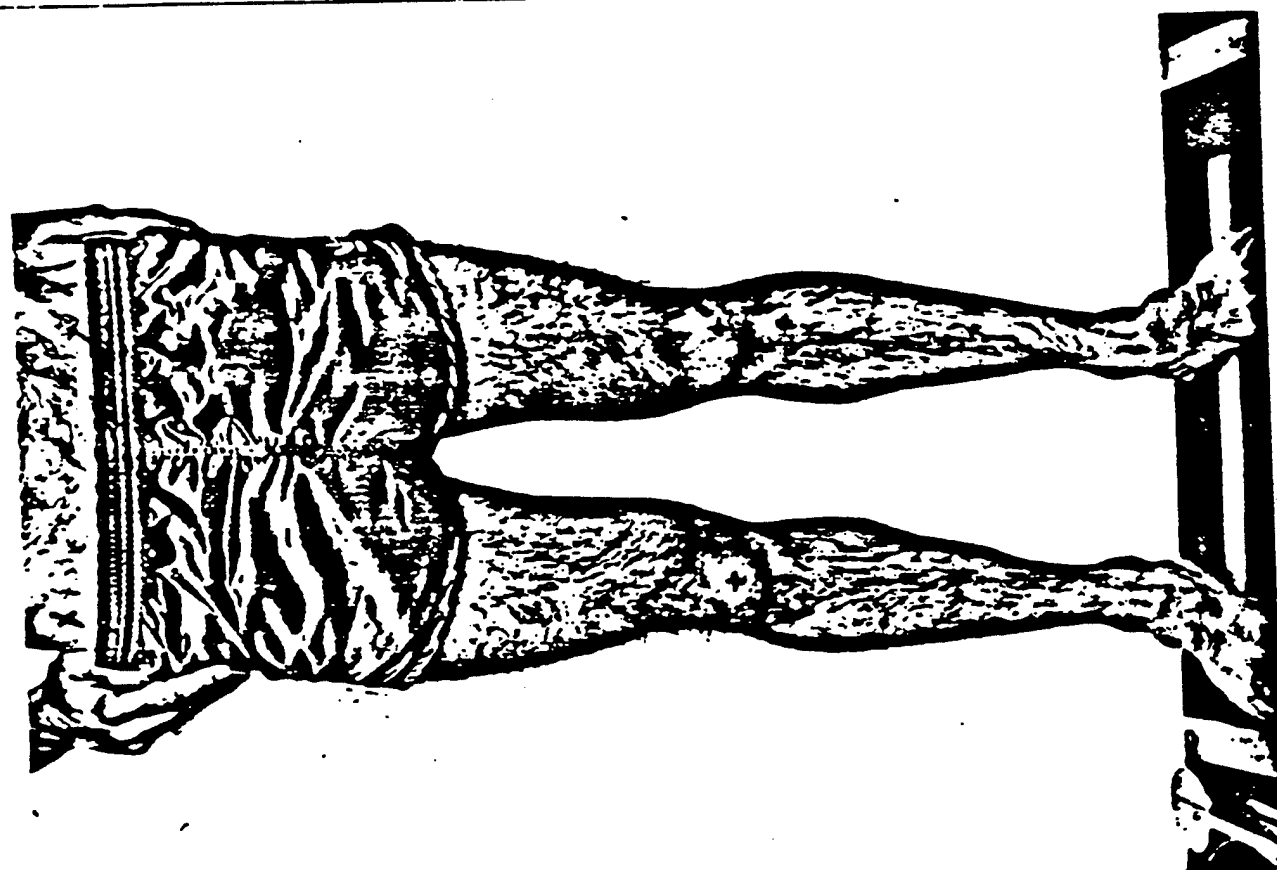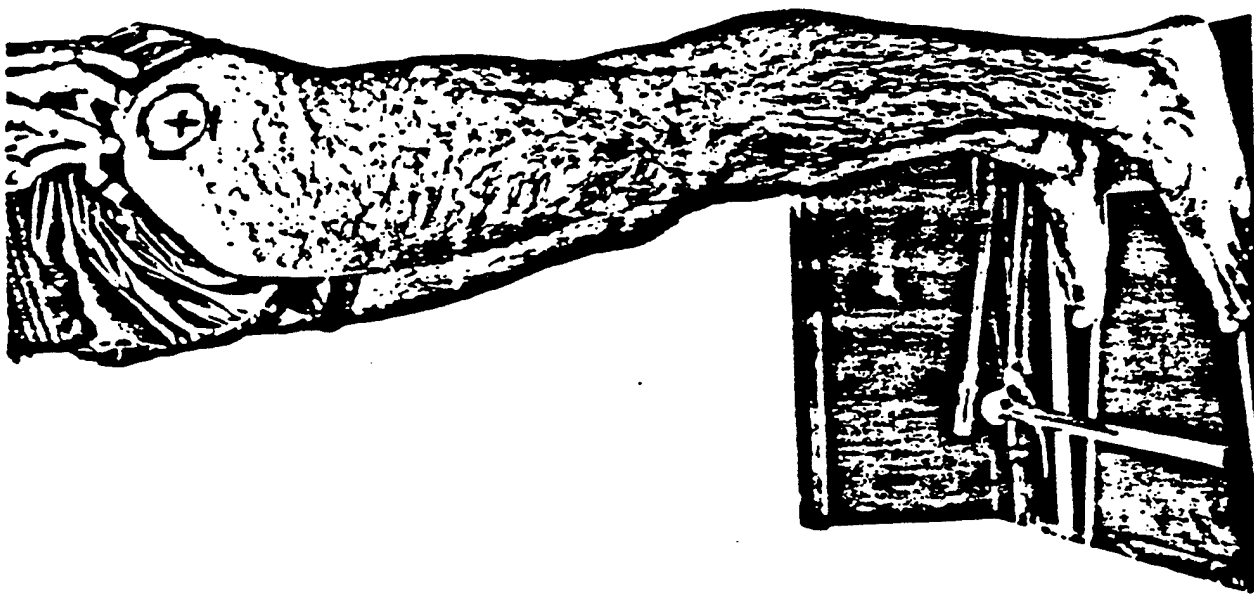
FIG 2. LOWER EXTREMITY ANATOMY WITH LANDMARKS FOR PHOTGRAPHING AND LATER DIGITIZATION
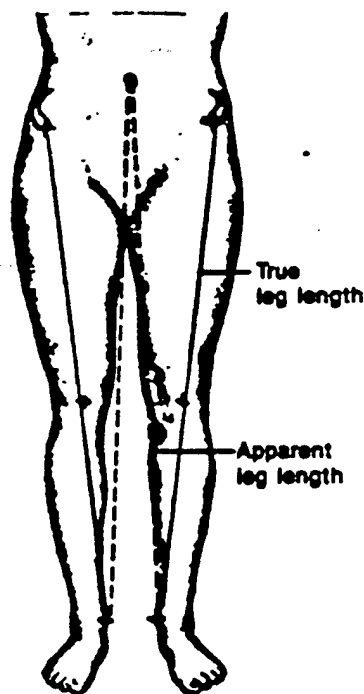
Measurement of true (antero-
superior iliac spine to medial
malleolus) and apparent (umbilicus
to medial malleolus) leg lengths.
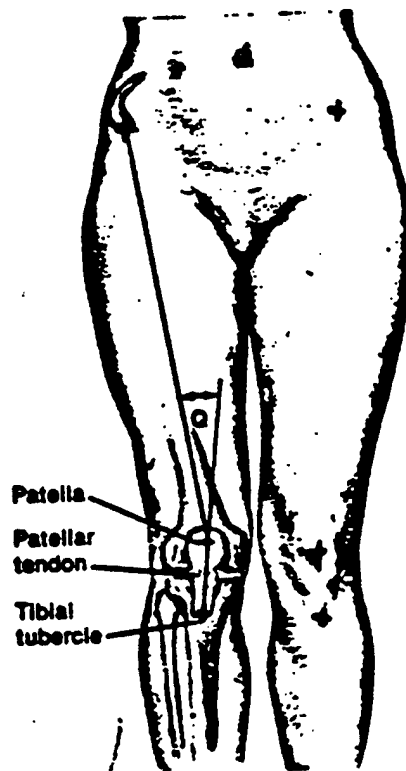
Measurement of Q angle
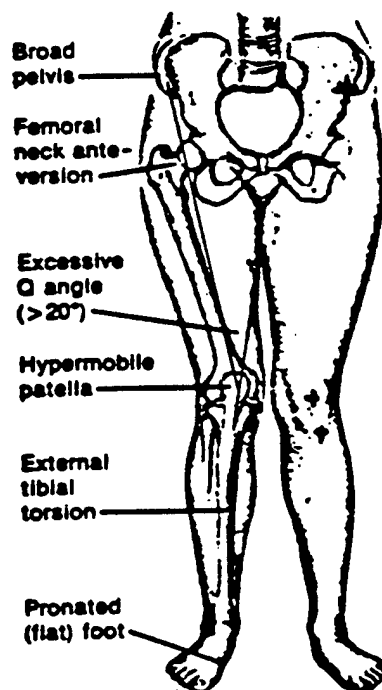
"Malicious malalignment syndrome"

– FIG 3. SOME MEASUREMENTS TO BE MADE FROM DIGITIZED PHOTOGRAPHS

APPENDIX   D

Measurement of hip, spine, hamstring and calf muscle
flexibility. Bending board illustrated is helpful

- FIG 1. FLEXIBILITY MEASURING DEVICE
FOR BACK, AND HAMSTRINGS

- FIG 2. MEASURE OF ANKLE RANGE OF MOTION (calf flexibility)
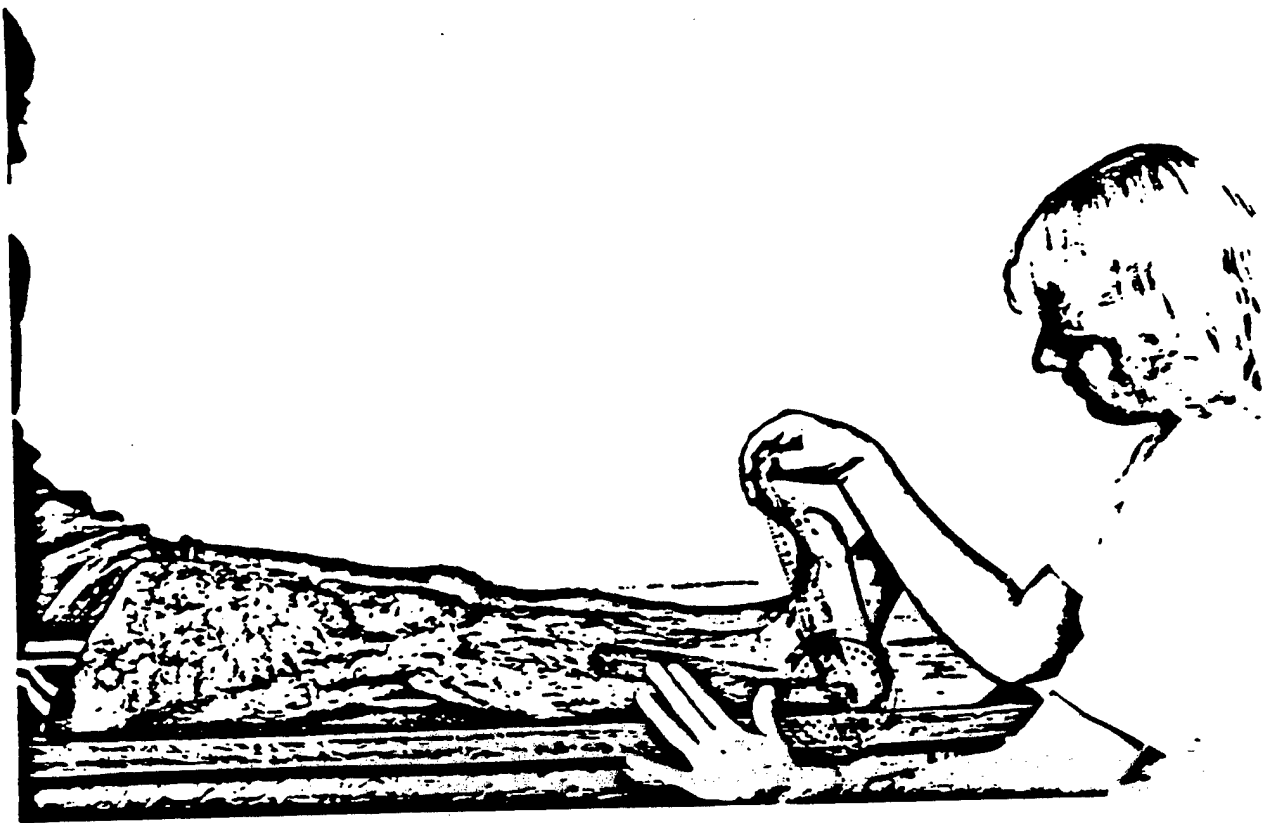
# APPENDIX B
## QUESTIONNAIRE

# PHYSICAL ACTIVITY AND INJURY QUESTIONNAIRE

In this questionnaire you will be asked about yourself and your lifestyle. This will include questions about you, questions about your physical activities during leisure time and at school and work, and questions about your health and injuries you might have had in the past. You should read instructions carefully and answer all questions as directed. Use the pencil provided to mark your answers on the questionnaire you have been given. Only the first sheet of this questionnaire will have your name and Social Security Number on it. All the other sheets should have your subject number in the upper right corner. Your subject number is in the upper right corner of this page. Check to see that the number in the upper right corner of this first page is the same number that is at the top right corner of all the other pages of this questionnaire. If the number is absent or incorrect notify the monitor. Please print all answers clearly.

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## I. GENERAL QUESTIONS

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

NAME _____
     Last              First             MI

SSN: _____ _____ _____-_____ _____-_____ _____ _____ _____

DATE OF BIRTH ___/___/___          AGE_____          SEX ___ Male
              Mo  Day  Yr                                 ___ Female

What STATE did you live in before entering college? _____
                                           State, Territory or Country

1. EDUCATION: What is the total number of years of school you have complete? Count high school diploma as 12, college degree as 16. If GED, write in GED. ANSWER: _____

|  | YES | NO | IF YES, YEAR |
|---|---|---|---|
| Did you graduate from high school? | ☐ | ☐ | _____ |
| Did you graduate from a Jr. college, tech or trade school. (Please circle type of school.) | ☐ | ☐ | _____ |
| Did you graduate from college (BA, BS, etc.)? | ☐ | ☐ | _____ |

2. WORK: Give the name of your last job, and list how many hours per week you worked, the last year you worked, and which months of the year you worked that job.

| JOB (name) | HOURS WORKED PER WEEK | YR | MONTHS WORKED |
|---|---|---|---|
|  |  |  | J A N ☐  F E B ☐  M A R ☐  A P R ☐  M A Y ☐  J U N ☐  J U L ☐  A U G ☐  S E P T ☐  O C T ☐  N O V ☐  D E C ☐ |
| _____ | _____ | __ |  |

Short description of work: _____

Type of business: _____

## II. PHYSICAL ACTIVITIES, SPORTS AND FITNESS

3. PHYSICAL ACTIVITY: In regard to overall physical activity, how would you describe your life before coming into the Army?
   - ☐ Inactive
   - ☐ Not very active
   - ☐ Average
   - ☐ Active
   - ☐ Very active

4. SPORTS PARTICIPATION: Did you participate in any of the following types of sports?

   YES  NO                                        YEARS PLAYED
                                                  88 87 86 85 84 83

   ☐  ☐   Varsity sports in school or college     ☐ ☐ ☐ ☐ ☐ ☐
   ☐  ☐   Non-Varsity Organized sports, like YMCA  ☐ ☐ ☐ ☐ ☐ ☐
          or church league basketball, or intramural
          teams or American legion baseball. Includes
          other competitive individual activities (eg
          Bike racing, competitive running or weight lifting)

5. ORGANIZED SPORTS: What organized sports did you participate in while in high school and/or college? (This includes non-school sports)
   List them: _____
   _____

6. VARSITY LETTER: Did you receive a varsity letter in any high school or college sports?
   - ☐ No     If no, wait for the next question.
   - ☐ Yes   How many years were you a starter? _____
   If yes what sports? _____

7. PHYSICAL FITNESS: How would you rate your current physical fitness compared to others of your age and sex?
   ☐ Poor   ☐ Below average   ☐ Average   ☐ Above average   ☐ Excellent

8. FITNESS ACTIVITY: Have you ever exercised regularly just to keep physically fit? This does not include organized sports. (Regular exercise means exercise 2 or more days per week for 15 minutes or more at least 3 months of the year.)
   ☐ Yes   ☐ No   If no, wait for the next question.

   If yes, what years did you exercise regularly to keep fit?
   ☐ 88   ☐ 87   ☐ 86   ☐ 85   ☐ 84   ☐ 83

   What fitness exercise activities (running, aerobics etc.) did you do most often?
   Exercise activities: _____

---

### III.  PHYSICAL ACTIVITY IN SCHOOL, AT WORK, AND AT HOME

---

9.  **YOUR OCCUPATION LAST YEAR:** During the last year, would you describe the amount of physical activity required by your normal occupation.  Check the one box which best describes your level of activity most of the year.

☐ SEDENTARY - Lifting 10 lbs. maximum and occasionally lifting light objects.  Defined as one which involves sitting.  A certain amount of walking and standing is often necessary in carrying out job duties. (Secretarial, typing, bookkeeping)

☐ LIGHT WORK - Lifting 20 lbs. maximum with frequent lifting and/ or carrying of objects weighing up to 10 lbs.  Requires walking or standing to a significant degree, or involves sitting most of the time with a degree of pushing and pulling of arm and/or leg controls.  (Retail sales, waiter/waitress/, short order cook, gas station attendant)

☐ MEDIUM WORK - Lifting 50 lbs. maximum with frequent lifting and/or carrying of objects weighing up to 25 lbs.  (Machinist, bricklayer, carpenter, cook)

☐ HEAVY WORK - Lifting 100 lbs. maximum with frequent lifting and/or carrying objects weighing up to 50 lbs.  (Jackhammer operator, yard worker, frame carpenter, pipe  fitter)

☐ VERY HEAVY WORK - Lifting objects in excess of 100 lbs. with frequent lifting and/or carrying of objects weighing 50 lbs. or more.  (Miner, laborer, furniture mover)

---

### IV.  PHYSICAL ACTIVITIES IN LAST YEAR

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10.  In the table below a number of physical activities and sports are listed.  Please follow the instructions given and complete each part as directed.  Read the list and check "YES" in front of any activities you did in the LAST YEAR.  If you did not do an activity check "NO".  Next, go back to all activities you checked "YES".  Check the months in which you did the activity in the last year;  Then give the number of weeks per months you did the activity; the number of days on the average per week you did the activity; and the number of minutes you did the activity on those days.  Finally, in the last column rate the level of effort you usually exerted in doing the activity on a scale of 1 to 5 with:

1 = VERY EASY - breathing easy, about same as a walk
2 = EASY - breathing and effort slightly more than a slow walk
3 = MODERATE - breathing definitely increased, but not uncomfortable
4 = HARD - breathing hard, have to "push" to keep going, sweating
5 = VERY HARD - breathing labored, very difficult to keep going, sweating heavily, effort similar to an all out run.

| Y E S | N O | ACTIVITY | MONTHS J F M A M J J A S O N D J<br>A E A P A U U U E C O E A<br>N B R R Y N L G P T V C N | WKS PER MO | DAYS PER WK | MIN PER DAY | EFFORT LEVEL |
|---|---|---|---|---|---|---|---|
| ☐ | ☐ | Walking | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ |
| ☐ | ☐ | Hiking/hunting | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ |
| ☐ | ☐ | Stream fishing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ |
| ☐ | ☐ | Bicycling | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ |
| ☐ | ☐ | Running/Jogging | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ | \_\_\_\_ |

|  |  | Activity | J F M A M J J A S O N D J | W/M | D/W | M/D | EFFORT |
|---|---|---|---|---|---|---|---|
| ☐ | ☐ | Calesthenics | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Stretching | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Weight lifting | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Karate/Judo/ Martial arts | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Wrestling/Boxing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Tennis/Squash Raquetball etc. | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Basketball | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Football/Rugby | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Soccer/Field hockey | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Rowing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Canoeing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Down hill skiing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Cross country Skiing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Water skiing | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Swimming | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Volleyball | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Gymnastics | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Aerobic dance | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Ice skating | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Roller skating | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Social dance | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Square dance | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Bowling | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Golf | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
| ☐ | ☐ | Other. list: | | | | | |
|  |  | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
|  |  | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |
|  |  | _____ | ☐☐☐☐☐☐☐☐☐☐☐☐☐ | ____ | ____ | ____ | ____ |

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## V. HEALTH AND PAST INJURIES

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

11. LOST WORK OR SCHOOL DAYS: Have you ever suffered an injury or accident that caused you to stay home from school or work for one week or more?

☐ Yes ☐ No   If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

12. EXERCISE OR SPORTS INJURES: Have you ever had an exercise or sports related injury that caused you to decrease or quit practicing for 1 week or more?

☐ Yes

☐ No    If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

13. SURGERY: Have you ever had an injury or accident that required surgery to repair the damage?

☐ Yes

☐ No    If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

14. HOSPITALIZATION: Have you ever had an injury that caused you to be in the hospital over night?

☐ Yes

☐ No    If no, wait for the next question.

If yes, what was the most recent injury? _____
Also, what year did it occur? _____

15. INJURIES: Have you ever been injured or had an accident to one of the following body parts which caused you to alter your daily activities or to miss school or work for several days? Check yes for those body parts injured this severely. Check no for those not injured this severely. Next, for all those checked yes, give in the spaces provided the name of the injury, the year of the injury, the days it took you to recover fully, and if you got medical help (in an emergency room, a doctor's office, a physical therapist, etc.)

| INJURED BODY PARTS | | | INJURY NAME | YEAR(S) OF INJURY | DAYS TO RECOVER | MED HELP | |
|---|---|---|---|---|---|---|---|
| YES | NO | | | | | YES | NO |
| ☐ | ☐ | Head | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Neck | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Shoulders | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Upper arm | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Lower arm | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Hand | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Chest | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Upper back | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Lower back | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Stomach | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Hip | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Thigh | _____ | _____ | _____ | ____ | ____ |
| ☐ | ☐ | Knee | _____ | _____ | _____ | ____ | ____ |

| INJURED BODY PARTS<br>YES  NO | INJURY<br>NAME | YEAR(S)<br>OF INJURY | DAYS TO<br>RECOVER | MED HELP<br>YES  NO |
|---|---|---|---|---|
| ☐ ☐ Calf | _____ | _____ | _____ | ___  ___ |
| ☐ ☐ Ankle | _____ | _____ | _____ | ___  ___ |
| ☐ ☐ Foot | _____ | _____ | _____ | ___  ___ |

16. BACK AND LEG INJURIES: Have you ever had one of the following injuries to your back or legs? Check yes in front of those injuries you have suffered. Check no for those you have not had. For those you have checked yes, for the most recent injury, give the name of the part of the leg injured, side of injury, R = Right, L= Left, B=Both the year of the injury, and the severity of the injury.

1 = MILD INJURY - mild means the injury did not effect your daily activities
2 = MODERATE INJURY - moderate means the injury affected your daily activities for 1 to 7 days.
3 = SEVERE INJURY - severe means it affected your activities for more than 7 days or 1 week.

| INJURED<br>YES  NO | TYPE INJURY | SIDE<br>R, L, B | PART OF<br>LEG | YEAR<br>INJURED | SEVERITY<br>1  2  3 |
|---|---|---|---|---|---|
| ☐ ☐ | Broken bone | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Stress fracture | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Torn cartilage | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Torn ligaments | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Knee injury | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Sprained ankle | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Other sprain | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Tendonitis | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Ruptured tendon | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Muscle pull | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Other_____ | ____ | _____ | _____ | ☐ ☐ ☐ |
| ☐ ☐ | Other _____ | ____ | _____ | _____ | ☐ ☐ ☐ |

17. SERIOUS ILLNESS/HEALTH PROBLEMS: Have you ever had a serious illness or health problem other than an injury?

☐ Yes

☐ No

Please list all serious illness or problems, and the year each occured: _____
_____
_____

18. COLDS OR FLU: Have you had a cold or flu in the last 2 weeks?

☐ Yes

☐ No

19. FEVER: Have you had a fever in the last 2 weeks?

   ❑ Yes

   ❑ No

20. NAUSEA AND VOMITING, OR DIARRHEA: Have you had nausea with vomiting, and/or diarrhea in the last two weeks? (Not associated with drinking)

   ❑ Yes

   ❑ No

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -
### VI. EXERCISE AND SPORTS IN THE LAST MONTH
- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

21. EXERCISE IN THE LAST MONTH: Over the last one month, how often did you exercise or play sports for 15 minutes or more?

   ❑ No exercise or sports in last month

   ❑ Less than once per week

   ❑ One time per week

   ❑ Two or three times per week

   ❑ Four or more times per week

22. JOGGING AND RUNNING: In the last month, how many times did you run or jog more than 15 minutes actual running time?

   ❑ None, did not run or jog 15 or more minutes in the last month

   ❑ Less than 1 time per week

   ❑ 1 time per week

   ❑ 2 or 3 times per week

   ❑ 4 or more times per week

23. CHANGE IN EXERCISE IN THE LAST MONTH: How did your level of exercise or sports participation in the last month compare to your usual level of the last year?

   ❑ Did much less exercise in the last month

   ❑ Did less exercise in last month

   ❑ Did about the same amount of exercise

   ❑ Did more exercise in last month

   ❑ Did much more exercise in last month

24. DISTANCE OF RUNNING AND JOGGING: In the last month, when you ran or jogged, about how far did you normally go (on an average basis)?

   ❑ Did not run or jog in the last month

   ❑ 1 mile or less

   ❑ Between 1 and 3 miles

   ❑ 3 to 5 miles

   ❑ More than 5 miles

25. TIME RUNNING OR JOGGING: In the last month, when you ran or jogged, about how many minutes did you usually run (on an average basis)?

&#9744; Did not run or jog

&#9744; Less than 10 minutes

&#9744; Between 10 and 20 minutes

&#9744; 20 to 30 minutes

&#9744; More than 30 minutes

26. STRETCHING: Was stretching a regular part of your exercise program, either before or after exercise?

&#9744; Don't exercise

&#9744; No; I exercise but don't stretch.

&#9744; Less than 1/2 the time

&#9744; About 1/2 the time

&#9744; More than 1/2 the time

&#9744; Always

27. OTHER VIGOROUS ACTIVITIES AND SPORTS: In the last month did you do any vigorous exercises or sports other than running that caused you to breath heavily or break into a sweat?

&#9744; Yes

&#9744; No    If no, wait for the next question.

If yes, what exercises or sports? _____
And, how many times per week? _____

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## VII.  MISCELLANEOUS QUESTIONS

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

28. BOWED LEGS: Are you more bow legged than most people of your sex?

&#9744; Yes

&#9744; No

29. KNOCK KNEES: Are you more knock kneed than most people of your sex?

&#9744; Yes

&#9744; No

30. FLAT FEET: Do you have flatter feet (lower arches) than most people of your sex?

&#9744; Yes

&#9744; No

31. HIGH ARCHES: Do you have higher arches than most people of your sex?

   ❏ Yes

   ❏ No

32. FOOT PROBLEMS: Do you have problems with your feet that cause you to limit your daily activities some times?

   ❏ Yes

   ❏ No

   If yes, please explain: _____

33. BACK PAIN: Do you have back pain that causes you to limit your daily activities sometimes?

   ❏ Yes

   ❏ No

   If yes, please explain: _____

34. WEIGHT: How much do you weigh? _____ lbs.

35. HEIGHT: What is your height in inches? _____ ins.

36. AGE OF YOUR TRAINING SHOES: About how long ago did you buy your training shoes?

   ❏ Brand new

   ❏ Less than one week

   ❏ One week to one month

   ❏ More than one month but less than six months

   ❏ Six months to one year

   ❏ More than one year

37. How do you think your physical condition compares to others coming into the Army for the first time?

   ❏ Much worse than most

   ❏ Worse than most

   ❏ About the same

   ❏ Better than most

   ❏ Much better than most

38. Were you in a Fitness Training Unit before starting this cycle of basic training?

   ❏ Yes

   ❏ No

39. Have you smoked one or more cigarettes in the past year?

  a. ☐ Yes

     ☐ No   If no, wait for question 42.

  b. If yes, how many years have you smoked one or more cigarettes? _____

  c. If yes for smoking, in the one month before coming in the Army, on the average, how many cigarettes did you smoke each day? _____

  d. If yes, how many years have you smoked this many cigarettes each day? _____

  e. If yes to smoking during this one month before coming in the Army, what kind of cigarettes did you usually smoke?

     ☐ Non-Filter

     ☐ Regular Filters

     ☐ Low-Tar

     ☐ Did not smoke any

40. ETHNIC GROUP: What most closely describes your ethnic or racial group?

     ☐ White, non-hispanic

     ☐ Black, non-hispanic

     ☐ Hispanic

     ☐ American Indian/Eskimo

     ☐ Oriental/Asian

     ☐ Other

41. In the past month, about how many hours of television did you watch each week? _____

42. In the past month, about how many hours did you spend in a car (driving or riding) each week? _____

43. Questions for females only:

  a. How old were you when you had your first menstrual period? _____

  b. Have your periods ever stopped for 5 or more months (except for pregnancy)?_____
    If yes, give most recent year _____

  c. In the past year have your periods been regular? _____

  d. How many days does your period last? _____

  e. Do you have painful debilitating periods which interfere with activities or require prescription medication? _____

  f. Have you ever had a baby (including stillborn)? _____
    If yes, give month end year of last delivery _____

THANK YOU FOR YOUR VALUABLE TIME AND ASSISTANCE. GOOD LUCK IN THE ARMY.

FORT JACKSON 1988 DATABASE

# APPENDIX C
# DATA COLLECTION/EXTRACTION FORMS

# ANTHROPOMETRIC MEASUREMENTS

## FEMALE DATA COLLECTION FORM

SUBJECT NUMBER _____

LAST NAME_____FIRST NAME_____MI_____

SSN _____AGE_____RACE_____

HEIGHT_____cm          WEIGHT_____kg

STRENGTH _____          _____          _____

FLEXIBILITY_____          _____          _____

### CIRCUMFERENCE MEASUREMENTS

NECK          _____          _____          _____

FOREARM       _____          _____          _____

WAIST         _____          _____          _____

WRIST         _____          _____          _____

ABDOMEN       _____          _____          _____

HIP           _____          _____          _____

# ANTHROPOMETRIC MEASUREMENTS

## MALE DATA COLLECTION FORM

SUBJECT NUMBER _____

LAST NAME _____ FIRST NAME_____ MI_____

SSN_____ AGE_____ RACE

HEIGHT _____ cm          WEIGHT _____ kg

STRENGTH _____          _____          _____

FLEXIBILITY _____          _____          _____

### CIRCUMFERENCE MEASUREMENTS

NECK _____          _____          _____

ABDOMEN _____          _____          _____

DAILY TRAINING LOG

DATE: ___/___/___
(DD /MM /YY)

WEEK OF TRAINING: _____ DAY OF WEEK: (CIRCLE) M T W T F S S

COMPANY:_____ PERSON COMPLETING LOG:_____
(NAME & RANK)

TIME TRAINING                    TIME TRAINING
DAY STARTED: _____         DAY ENDED: _____
(HOUR)                           (HOUR)
WEATHER CONDITIONS: _____

MAJOR TRAINING ACTIVITIES FOR THE DAY: _____

_____

MARCH TO AND FROM TRAINING? ( )YES   ( )NO DURATION: ____MIN

SPECIFIED TRAINING ACTIVITIES
FOR THE FOLLOWING LIST OF ACTIVITIES CHECK "YES" FOR THOSE
PERFORMED AND "NO" FOR THOSE NOT PERFORMED.

| YES | NO | ACTIVITY | DURATION | DISTANCE |
|-----|-----|----------|----------|----------|
| ( ) | ( ) | 1. RUNNING | ____MIN | ____MILES |
| ( ) | ( ) | 2. ROAD MARCH | ____MIN | ____MILES |
| ( ) | ( ) | 3. BAYONETTE | ____MIN | |
| ( ) | ( ) | 4. PUGIL | ____MIN | |
| ( ) | ( ) | 5. HAND TO HAND | ____MIN | |
| ( ) | ( ) | 6. CONFIDENCE COURSE | ____MIN | |
| ( ) | ( ) | 7. OBSTACLE COURSE | ____MIN | |
| ( ) | ( ) | 8. DRILL & CEREMONY | ____MIN | |
| ( ) | ( ) | 9. STANDING FORMATION | ____MIN | |
| ( ) | ( ) | 10. CALESTHENICS | ____MIN | |
| ( ) | ( ) | 11. STRETCHING | ____MIN | |
| ( ) | ( ) | 12. GAMES (PLEASE LIST) | | |
| | | _____ | ____MIN | |
| | | _____ | ____MIN | |
| ( ) | ( ) | 13. OTHER ACTIVITIES (PLEASE LIST) | | |
| | | _____ | ____MIN | |
| | | _____ | ____MIN | |

COMPANY: _____                    DATE REVIEWED: ___/___/___
                                                   MO DAY YR


INJURIES:  MEDICAL RECORDS REVIEW

FT JACKSON INJURY STUDY 1988

| NAME (LAST F, MI) | DATE MO/DY/YR | DIAGNOSIS (INJURY) | IC | R/L | BODY PART | DISP TYPE | DAYS LOST |
|---|---|---|---|---|---|---|---|
| 1 _____ | __/__/__ | __ _____ | __ | __ | _____ | ____ | ____ |
| 2 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 3 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 4 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 5 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 6 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 7 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 8 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 9 _____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |
| 10_____ | __/__/__ | _____ | __ | __ | _____ | ____ | ____ |

COMPANY: _____       DATE REVIEWED: ___/___/___
                                                     MO DAY YR

## ILLNESSES: MEDICAL RECORDS REVIEW

## FT JACKSON INJURY STUDY 1988

| NAME (LAST F, MI) | DATE MO/DY/YR | DIAGNOSIS (ILLNESS) | TEMP F | IC | CAT | DISP TYPE | DAYS LOST |
|---|---|---|---|---|---|---|---|
| 1 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 2 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 3 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 4 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 5 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 6 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 7 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 8 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 9 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |
| 10 _____ | __/__/__ | _____ | ___ | __ | __ | ___ | __ |

1300

# VOLUNTEER REGISTRY DATA SHEET

## PART A-INVESTIGATOR INFORMATION
### (To Be Completed By Investigator)

PLEASE PRINT, USING INK OR BALLPOINT PEN

1. Study NR: __332__    2. Protocol Title: Longitudinal Assessment of Body Weight/Fat Procuremen. Standards

3. Contractor (Laboratory/Institute Conducting Study): USARIEM, Natick, MA  01760-5007

4. Study Period: From: 01/_09_/_88_ To: 15/_10_/_88_
   (DA/MO/YR)      (DA/MO/YR)

5. Principal/Other Investigator(s) Names(s)

(1) __JONES_____Bruce_____H._____    6. Location/Laboratory
       (Last)        (First)        (MI)      Natick / USARIEM

(2) _____    _____/_____

(3) _____    _____/_____

## PART B-VOLUNTEER INFORMATION
### (To Be Completed By Volunteer)

PLEASE PRINT, USING INK OR BALLPOINT PEN

7. SSN:____/____/_____    8. Name: _____
                                         (Last)            (First)            (MI)

9. Sex: M__ F__    10. Date of Birth: ___/___/___    11. *MOS/Job Series:___    12. *Rank/Grade:____

13. Permanent Home Address (Home of Record) or Study Location Address:

_____        _____
(Street)                                              (P.O. Box/Apartment No.)

_____        _____
(City)              (Country)                         (State)          (Zip Code)
(   )   -
(Perm Home Phone No)

14. *Local Address (If Different From Permanent Address):

Basic Training Brigade
_____        _____
(Street)                                              (P.O. Box/Apartment No.)
Ft. Jackson, SC
_____        _____
(City)              (Country)                         (State)          (Zip Code)
(   )   -
(Local Phone No)

15. *Military Unit: __Basic Training Brigade_____    Zip Code: _____

Organization: _____    Post: __Fort Jackson__  Duty Phone No. (    )    -

USAMRDC Form 60-R Revised 1 Apr 88 (Supersedes previous editions)

# PART C-ADDITIONAL INFORMATION
*(To Be Completed By Investigator)*

**PLEASE PRINT, USING INK OR BALLPOINT PEN**

16. Location of Study:  Fort Jackson Training Center, SC

17. Is Study Completed:  Y___  N__X__

    Did volunteer finish participation: Y___ N___  If YES, Date finished: ___/___/___  *(DA/MO/YR)*

    If NO, Date withdrawn: ___/___/___  *(DA/MO/YR)*  Reason withdrawn:

18. Did Any Serious or Unexpected Adverse Incident or Reaction Occur: Y___N___  If YES, Explain:

19.\* Volunteer Followup: _____

    Purpose: _____

        Date: ___/___/___  *(DA/MO/YR)*  Was contact made: Y___N___  If No action taken, explain:

20.\* Hard Copy Records Retired:  Place: Exercise Physiol. Div, USARIEM  File NR: _____

21.\* Product Information:

    Product: _____

    Manufacturer: _____

        Lot NR: _____  Expiration Date: _____

        NDA NR: _____  IND/IDE NR: _____

\*Indicates that item may be left blank if information is unavailable or does not apply.
Entries must be made for all other items.

# VOLUNTEER AGREEMENT AFFIDAVIT

For use of this form, see AR 40-38; the proponent agency is the Office of the Surgeon General

## THIS FORM IS AFFECTED BY THE PRIVACY ACT OF 1974

1. **AUTHORITY:** 10 USC 3012, 44 USC 3101 and 10 USC 1071-1087.

2. **PRINCIPAL PURPOSE:** To document voluntary participation in the Clinical Investigation and Research Program. SSN and home address will be used for identification and locating purpose.

3. **ROUTINE USES:** The SSN and home address will be used for identification and locating purposes. Information derived from the study will be used to document the study; implementation of medical programs; teaching; adjudication of claims; and for the mandatory reporting of medical condition as required by law. Information may be furnished to Federal, State and local agencies.

4. **MANDATORY OR VOLUNTARY DISCLOSURE:** The furnishing of SSN and home address is mandatory and necessary to provide identification and to contact you if future information indicates that your health may be adversely affected. Failure to provide the information may preclude your voluntary participation in this investigational study.

## PART A - VOLUNTEER AFFIDAVIT

### VOLUNTEER SUBJECTS IN APPROVED DEPARTMENT OF THE ARMY RESEARCH STUDIES

Volunteers under the provisions of AR 70-25 are authorized all necessary medical care for injury or disease which is the proximate result of their participation in such studies.

I, _____ SSN _____ having
_(last, first, middle)_

full capacity to consent and having attained my _____ birthday, do hereby volunteer to participate in

Longitudinal assessment of body weight/fat procurement standards
_(research study)_

under direction of  Major Bruce H. Jones  conducted at  U. S. Army Research Institute of

Environmental Medicine, Natick, MA  01760-5007    _(name of institution)_

The implications of my voluntary participation; the nature, duration and purpose of the research study; the methods and means by which it is to be conducted; and the inconveniences and hazards that may reasonably be expected have been explained to me by
Major Bruce H. Jones            (508) 651-4887

I have been given an opportunity to ask questions concerning this investigational study. Any such questions were answered to my full and complete satisfaction. Should any further questions arise concerning my rights on study-related injury I may contact
Office of Chief Counsel at Natick Research, Development and Engineering Center

at  (508)  651-4322
_(name and address of hospital & phone number (include area code))_

I understand that I may at any time during the course of this study revoke my consent and withdraw from the study without further

penalty or loss of benefits however, I may be ☐ required _(military volunteer)_ or ☐ requested _(civilian volunteer)_ to undergo certain

examination if, in the opinion of the attending physician, such examinations are necessary for my health and well-being. My refusal to participate will involve no penalty or loss of benefits to which I am otherwise entitled.

## PART B - TO BE COMPLETED BY INVESTIGATOR

INSTRUCTIONS FOR ELEMENTS OF INFORMED CONSENT:( Provide a detailed explanation in accordance with Appendix E, AR 40-38 or AR 70-25.)

You are being asked to take part in a study of the relationship between body weight, body fat and various outcomes during your initial training and your first assignment, especially physical fitness, illness and injuries.

The first part of this study will be conducted now, before you go to your basic training unit. This will include documenting background information on you, including a questionnaire on prior fitness and sports activities and injuries. We will also record your height and weight, estimate the amount of body fat with girth tape measurements, measurements of your handgrip strength and body flexibility (toe touch and ankle motion) and we will photograph your feet. At the end of basic training we will again estimate your body fat with the tape measurements.

**(CONTINUE ON REVERSE)**

DA FORM 5303-R, APR 84

During Basic and Advanced Individual Training and during the first year of your first unit assignment, we will screen your medical record to document illnesses and injuries and will obtain fitness scores and training records from your unit files. Administrative actions, such as discharge, promotion, recycle, etc., will also be recorded in our research records. No hands-on measurements will be made after you leave basic training, only record screening.

None of the measurements being made pose any significant risk to your health or safety.

You have a right to withdraw from this study without prejudice at any time.

Also, within the constraints of Army Regulations the confidentiality of information on you will be maintained. In reports or publications arising from this study you will not be identified by name or in other recognizable fashion. Your records will be filed by a code number which you will be assigned at the beginning of this study.

The results of this study are unlikely to be of direct benefit to you. However, they should be of benefit to Army in determining what aspects of physical training contribute most to the likelihood of musculoskeletal injuries, and also those which contribute most to the development of fitness.

CONFIDENTIALITY OF INFORMATION ON MILITARY TEST SUBJECTS:

"All data and medical information obtained about you as an individual will be considered privileged and held in confidence. Complete confidentiality cannot be promised to subjects who are military members, because information bearing on your health may be required to be reported to appropriate medical or Command authorities, and applicable regulations note the possibility that the Food and Drug Administration and USAMRDC officials may inspect the records."

You will be provided a copy of the consent form for your records.

| SIGNATURE OF VOLUNTEER | DATE SIGNED | SIGNATURE OF LEGAL GUARDIAN (if volunteer is a minor) |
| --- | --- | --- |
| PERMANENT ADDRESS OF VOLUNTEER | TYPED OR PRINTED NAME AND SIGNATURE OF WITNESS | DATE SIGNED |

**FORT JACKSON 1988 DATABASE**

**APPENDIX D**

**DATABASE CODEBOOKS**

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

| Field Name | Description | Missing Values | Format | Responses |
|---|---|---|---|---|
| Sub Number | Subject Number, Unique non-subject denoted by 88J####.## | | Alpha10 (88J####.##) | |
| Last Name | | | Alpha15 | |
| F Name | | | Alpha15 | |
| SSN | Social Security Number | | Alpha11 | |
| Sex | | | Alpha6 | Value Frequency<br><br>FEMALE 1193<br>MALE 1545<br>------<br>Total 2738 |
| Age | | 0 (189) | Integer | # Non-missing 2549<br>Mean 20.115<br>Median 19.000<br>Minimum 17.000<br>Maximum 40.000 |

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

| Field Name | Description | Missing Values | Format | Responses |
|---|---|---|---|---|
| Unit | Basic Training Unit | UNKN (16) | Alpha4 | Value  Frequency<br>A134  229<br>A213  220<br>B128  221<br>B134  224<br>B213  227<br>B315  2<br>B334  6<br>BPRO  108<br>C134  228<br>C213  214<br>CPRO  92<br>D134  216<br>D213  254<br>D334  161<br>E213  224<br>EPRO  95<br>PROT  1<br>UNKN  16<br>------<br>Total  2738<br># Non-missing 2732<br>Minimum  9/13/88<br>Maximum  10/14/88 |
| Dt Started | Training Start Date | 00/00/00  (6) | Date | |
| In Sub Num | same as Sub Number, used for linking to FJ Injury file | | Alpha10 | |
| IL Sub Num | same as Sub Number, used for linking to FJ ILLNESS file | | Alpha10 | |
| APRT Sub Num | same as Sub Number, used for linking to FJ PT Data file | | Alpha10 | |
| Anth Sub Num | same as Sub Number, used for linking to FJ Anthro file | | Alpha10 | |
| GH Sub Num | same as Sub Number, used for linking to FJ Gen Hist file | | Alpha10 | |
| HH Sub Num | same as Sub Number, used for linking to FJ Health H file | | Alpha10 | |
| ActH Sub Num | same as Sub Number, used for linking to FJ Activ Hist file | | Alpha10 | |

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

| Field Name | Description | Missing Values | Format | Responses |
|---|---|---|---|---|
| MiscH Sub Num | same as Sub Number, used for linking to FJ Misc History file | | Alpha10 | |
| Met Sub Num | same as Sub Number, used for linking to FJ METS FILE | | Alpha10 | |
| Subject Info | Information in database for subject.<br>1=Subject<br>2=Pro Unit Subject<br>3=Recycled Subject<br>4=Discharged Subject<br>5=Pro Unit - Anthro only<br>6=Pro Unit - Quest only<br>7=Anthro only<br>8=Questionnaire only<br>9=Non-subject | | Integer | Value  Frequency<br>1.00  1718<br>2.00  200<br>3.00  28<br>4.00  57<br>5.00  4<br>6.00  1<br>7.00  12<br>8.00  43<br>9.00  675<br>-----<br>Total  2738 |
| MSI OU | Type code of most significant overuse injury.<br><br>1 = STRS_FX<br>2 = STRS_RXN<br>3 = ACH_TNDNTS<br>4 = OTH_TNDNTS<br>5 = BURSITIS<br>6 = FASCITIS<br>7 = OUS/NOS<br>8 = PAIN | 0(1838) | Integer | Value  Frequency<br>.00  1838<br>1.00  38<br>2.00  94<br>3.00  33<br>4.00  13<br>5.00  7<br>6.00  59<br>7.00  316<br>8.00  340<br>-----<br>Total  2738 |
| MSI OU numinj | Number of separate overuse injuries. | 0(1838) | Integer | # Non-missing  900<br>Mean  1.264<br>Median  1.000<br>Minimum  1.000<br>Maximum  4.000 |

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

| Field Name | Description | Missing Values | Format | Responses |
|---|---|---|---|---|
| MSI OU numvisit | Number of clinic visits resulting from overuse injuries. | 0(1838) | Integer | # Non-missing 900<br>Mean 1.684<br>Median 1.000<br>Minimum 1.000<br>Maximum 8.000 |
| MSI OU dl | Total number of days lost due to overuse injuries. | 0(2145) | Integer | # Non-missing 593<br>Mean 10.248<br>Median 7.000<br>Minimum 1.000<br>Maximum 54.000 |
| MSI TR | Type code of most significant traumatic injury.<br><br>9 = ACT_TR/NOS<br>10 = STRAIN<br>11 = SPRAIN<br>13 = DISLOCN<br>14 = FX<br>15 = BLISTER<br>16 = ABRSN_LC<br>17 = CONTSN | 0(2230) | Integer | Value Frequency<br>.00 2230<br>9.00 45<br>10.00 219<br>11.00 117<br>14.00 12<br>15.00 38<br>16.00 33<br>17.00 44<br>------<br>Total 2738 |
| MSI TR numinj | Number of separate traumatic injuries. | 0(2230) | Integer | # Non-missing 508<br>Mean 1.126<br>Median 1.000<br>Minimum 1.000<br>Maximum 3.000 |
| MSI TR numvisit | Number of clinic visits resulting from traumatic injuries. | 0(2230) | Integer | # Non-missing 508<br>Mean 1.543<br>Median 1.000<br>Minimum 1.000<br>Maximum 8.000 |
| MSI TR dl | Total number of days lost due to traumatic injuries. | 0(339) | Integer | # Non-missing 2399<br>Mean 8.864<br>Median 7.000<br>Minimum 1.000<br>Maximum 47.000 |
| Separation SSN | Same as SSN; used for linking to Separation file | | Alpha11 | |

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

| Field Name | Description | Missing Values | Format | Responses |
|---|---|---|---|---|
| OUpart | Part of body on which the overuse injury occurred | UNKNOWN(1839) | Alpha8 | Value  Frequency<br><br>              1839<br>ABDOMEN       2<br>ANKLE        79<br>CALF        122<br>CHEST        19<br>ELBOW         5<br>FOOT        339<br>HAND          4<br>HEAD          1<br>HIP           8<br>KNEE        176<br>LO_ARM       12<br>LO_BACK      66<br>NECK          3<br>OTHER         3<br>PELVIS        7<br>SHOULDER     24<br>THIGH        18<br>UP_ARM        7<br>UP_BACK       4<br>            ----<br>    Total   2738 |
| OUinjdt | Date on which the overuse injury occurred | 00/00/00(1839) | Date(mm/dd/yy) | #Non-Missing 899<br>Minimum  9/15/88<br>Maximum 12/6/88 |

Fort Jackson 88 Codes
4D Filename - FJ MAIN FILE

| Field Name | Description | Missing Values | Format | Responses | |
|---|---|---|---|---|---|
| | | | | Value | Frequency |
| TRpart | Part of body on which the traumatic injury occurred | ___(2231) | Alpha8 | | 2231 |
| | | | | ABDOMEN | 15 |
| | | | | ANKLE | 114 |
| | | | | CALF | 30 |
| | | | | CHEST | 5 |
| | | | | ELBOW | 6 |
| | | | | FOOT | 68 |
| | | | | HAND | 21 |
| | | | | HEAD | 24 |
| | | | | HIP | 13 |
| | | | | KNEE | 70 |
| | | | | LO_ARM | 11 |
| | | | | LO_BACK | 42 |
| | | | | NECK | 4 |
| | | | | PELVIS | 10 |
| | | | | SHOULDER | 29 |
| | | | | THIGH | 36 |
| | | | | UP_ARM | 1 |
| | | | | UP_BACK | 8 |
| | | | | | ------- |
| | | | | Total | 2738 |
| TRinjdt | Date on which the traumatic injury occurred | 00/00/00(2231) | Date(mm/dd/yy) | #Non-Missing | 507 |
| | | | | Minimum | 9/21/88 |
| | | | | Maximum | 12/6/88 |
| HRA SSN | Same as SSN; used for linking to HRA file | | Alpha11 | | |
| IPDS SSN | Same as SSN; used for linking to IPDS file | | Alpha11 | | |

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Met Sub Num | Subject Number, Unique | | | Alpha10 | |
| Met Tmin Ac1 | from FJ Act Hist | 0 (793) | | Real | # Non-missing 1256<br>Mean 283.166<br>Median 69.231<br>Minimum 0.192<br>Maximum 6300.000 |
| Met Tmin Ac2 | from FJ Act Hist | 0 (1614) | | Real | # Non-missing 435<br>Mean 143.189<br>Median 51.923<br>Minimum .192<br>Maximum 3360.000 |
| Met Tmin Ac3 | from FJ Act Hist | 0 (1764) | | Real | # Non-missing 285<br>Mean 98.185<br>Median 46.154<br>Minimum 0.192<br>Maximum 1107.692 |
| Met Tmin Ac4 | from FJ Act Hist | 0 (1323) | | Real | # Non-missing 726<br>Mean 123.415<br>Median 34.615<br>Minimum 0.192<br>Maximum 2160.000 |
| Met Tmin Ac5 | from FJ Act Hist | 0 (898) | | Real | # Non-missing 1151<br>Mean 87.406<br>Median 27.692<br>Minimum 0.192<br>Maximum 4200.000 |
| Met Tmin Ac6 | from FJ Act Hist | 0 (1544) | | Real | # Non-missing 505<br>Mean 71.308<br>Median 27.692<br>Minimum 0.192<br>Maximum 1620.000 |
| Met Tmin Ac7 | from FJ Act Hist | 0 (1137) | | Real | # Non-missing 912<br>Mean 65.963<br>Median 27.692<br>Minimum 0.096<br>Maximum 1260.000 |

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Met Tmin Ac8 | from FJ Act Hist | 0 (1308) | | Real | # Non-missing 741<br>Mean 109.899<br>Median 46.154<br>Minimum 0.288<br>Maximum 1680.000 |
| Met Tmin Ac9 | from FJ Act Hist | 0 (1939) | | Real | # Non-missing 110<br>Mean 182.091<br>Median 73.846<br>Minimum 0.577<br>Maximum 1938.462 |
| Met Tmin Ac10 | from FJ Act Hist | 0 (1930) | | Real | # Non-missing 119<br>Mean 166.199<br>Median 43.269<br>Minimum 0.192<br>Maximum 1938.462 |
| Met Tmin Ac11 | from FJ Act Hist | 0 (1712) | | Real | # Non-missing 337<br>Mean 72.089<br>Median 20.769<br>Minimum 0.577<br>Maximum 1680.000 |
| Met Tmin Ac12 | from FJ Act Hist | 0 (1433) | | Real | # Non-missing 616<br>Mean 181.971<br>Median 69.231<br>Minimum 0.192<br>Maximum 2520.000 |
| Met Tmin Ac13 | from FJ Act Hist | 0 (1740) | | Real | # Non-missing 309<br>Mean 117.321<br>Median 48.462<br>Minimum 0.288<br>Maximum 969.231 |
| Met Tmin Ac14 | from FJ Act Hist | 0 (1948) | | Real | # Non-missing 101<br>Mean 148.228<br>Median 41.538<br>Minimum 0.577<br>Maximum 1680.000 |

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Met Tmin Ac15 | from FJ Act Hist | 0 (1991) | | Real | # Non-missing 58<br>Mean 47.608<br>Median. 9.808<br>Minimum 0.577<br>Maximum 840.000 |
| Met Tmin Ac16 | from FJ Act Hist | 0 (1940) | | Real | # Non-missing 109<br>Mean 35.042<br>Median 13.846<br>Minimum 0.077<br>Maximum 276.923 |
| Met Tmin Ac17 | from FJ Act Hist | 0 (1915) | | Real | # Non-missing 134<br>Mean 88.289<br>Median 37.692<br>Minimum 0.577<br>Maximum 678.462 |
| Met Tmin Ac18 | from FJ Act Hist | 0 (2015) | | Real | # Non-missing 34<br>Mean 41.137<br>Median 18.462<br>Minimum 0.577<br>Maximum 387.692 |
| Met Tmin Ac19 | from FJ Act Hist | 0 (1839) | | Real | # Non-missing 210<br>Mean 58.770<br>Median 15.577<br>Minimum 0.096<br>Maximum 1329.231 |
| Met Tmin Ac20 | from FJ Act Hist | 0 (1241) | | Real | # Non-missing 808<br>Mean 84.530<br>Median 27.692<br>Minimum 0.288<br>Maximum 2160.000 |
| Met Tmin Ac21 | from FJ Act Hist | 0 (1637) | | Real | # Non-missing 412<br>Mean 56.740<br>Median 20.769<br>Minimum 0.288<br>Maximum 1430.769 |

Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Met Tmin Ac22 | from FJ Act Hist | 0 (1996) | | Real | # Non-missing 53<br>Mean 70.938<br>Median 17.308<br>Minimum 0.385<br>Maximum 450.000 |
| Met Tmin Ac23 | from FJ Act Hist | 0 (1787) | | Real | # Non-missing 262<br>Mean 66.269<br>Median 27.692<br>Minimum 0.385<br>Maximum 623.077 |
| Met Tmin Ac24 | from FJ Act Hist | 0 (1986) | | Real | # Non-missing 63<br>Mean 35.343<br>Median 13.846<br>Minimum 0.577<br>Maximum 484.615 |
| Met Tmin Ac25 | from FJ Act Hist | 0 (1810) | | Real | # Non-missing 239<br>Mean 66.992<br>Median 18.462<br>Minimum 0.096<br>Maximum 1680.000 |
| Met Tmin Ac26 | from FJ Act Hist | 0 (1392) | | Real | # Non-missing 657<br>Mean 178.121<br>Median 69.231<br>Minimum 0.192<br>Maximum 2160.000 |
| Met Tmin Ac27 | from FJ Act Hist | 0 (2021) | | Real | # Non-missing 28<br>Mean 26.600<br>Median 13.846<br>Minimum 0.192<br>Maximum 110.769 |
| Met Tmin Ac28 | from FJ Act Hist | 0 (1623) | | Real | # Non-missing 426<br>Mean 60.976<br>Median 18.462<br>Minimum 0.577<br>Maximum 1680.000 |

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Fort Jackson 88 Mets Codes
4D Filename - FJ Mets

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Met Tmin Ac29 | from FJ Act Hist | 0 (1908) | | Real | # Non-missing 141<br>Mean 91.743<br>Median 27.692<br>Minimum 1.154<br>Maximum 1680.000 |
| Met Tmin Ac30 | from FJ Act Hist | 0 (1896) | | Real | # Non-missing 153<br>Mean 214.742<br>Median 92.308<br>Minimum 1.154<br>Maximum 2940.000 |
| Met Tmin Ac31 | from FJ Act Hist | 0 (2024) | | Real | # Non-missing 25<br>Mean 161.985<br>Median 69.231<br>Minimum 13.846<br>Maximum 1680.000 |
| Met Weight | from FJ Anthro file if weight in FJ Anthro file is not 0, otherwise from FJ APRT file if weight in FJ APRT is not 0, otherwise from FJ Misc Hist | 0 (0) | | | # Non-missing 2049<br>Mean 67.521<br>Median 64.600<br>Minimum 40.000<br>Maximum 121.700 |
| Met METS | A measure of energy expended for fitness activities, used to determine past fitness activity. | 0 (148) | | Real | # Non-missing 1901<br>Mean 4110.187<br>Median 2215.385<br>Minimum 2.019<br>Maximum 80252.308 |
| Met KCal | A measure of energy expended for fitness activities, used to determine past fitness activity. | 0 (148) | | Real | # Non-missing 1901<br>Mean 4791.604<br>Median 2422.323<br>Minimum 2.413<br>Maximum 108015.000 |

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Anth Sub Num | Subject Number, Unique | | | Alpha10 (88J#####) | |
| Anth BCT UNIT | Basic Training Unit | (242) | | Alpha 4 | Value Frequency<br>A134 97<br>A213 211<br>B128 135<br>B134 207<br>B213 177<br>B315 2<br>B334 6<br>BPRO 54<br>C134 225<br>C213 55<br>CPRO 63<br>D134 189<br>D213 233<br>D334 49<br>E213 213<br>EPRO 86<br>PROT 1<br>UNKN 16<br>--------<br>Total 2019 |
| Anth LName | Last Name | | | Alpha 15 | |
| Anth FName | First Name | | | Alpha 12 | # Non-missing 1858 |
| Anth MI | Middle Initial | (161) | | Alpha 1 | |
| Anth ACC Num | Entered as 1 for everyone | | | Integer | Value Frequency<br>1 2019<br>--------<br>Total 2019 |
| Anth SSN | Social Security Number | | | Alpha 11 (###-##-####) | # Non-missing 2019 |

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Anth Sex | | | | Alpha 6 | Value Frequency<br><br>MALE    1092<br>FEMALE   927<br>      ------<br>  Total   2019 |
| Anth Sex CD | 1=Male<br>2=Female | 0 (0) | | Integer | Value Frequency<br><br>1    1092<br>2     927<br>     ------<br>Total   2019 |
| Anth Age | | 0 (1) | | Integer | # Non-Missing 2018<br>Mean      20.122<br>Median    19.000<br>Minimum   17.000<br>Maximum   40.000 |
| Anth Race | | UNKWN (7) | | Alpha 5 | Value Frequency<br><br>ASIAN     24<br>BLACK     752<br>HISPC     127<br>OTHER     43<br>UNKWN      7<br>WHITE     1066<br>      ------<br>  Total   2019 |
| Anth HT | Height in CM | 0 (2) | | Real | # Non-Missing 2017<br>Mean     169.123<br>Median   169.000<br>Minimum   143.600<br>Maximum   208.300 |
| Anth WT | Weight in Kg | 0 (0) | | Real | # Non-Missing 2019<br>Mean      67.610<br>Median    64.700<br>Minimum   40.000<br>Maximum   137.000 |

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Anth BMI | Body Mass Index (kg/m^2) | 0 (2) | Anth WT/(Anth HT/100)^2 | Real | # Non-Missing 2017<br>Mean 23.481<br>Median 23.160<br>Minimum 16.360<br>Maximum 34.420 |
| Anth STR1 | Strength Test 1 (lbs) | 0 (169) | | Real | # Non-Missing 1850 |
| Anth STR2 | Strength Test 2 (lbs) | 0 (170) | | Real | # Non-Missing 1849 |
| Anth STR3 | Strength Test 3 (lbs) | 0 (1166) | | Real | # Non-Missing 853 |
| Anth Str Avg | Average Strength Test Score (lbs) | 0 (169) | (Anth Str1 + Anth Str2 + Anth Str3)/Anth Str Dnm | Real | # Non-Missing 1850<br>Mean 93.888<br>Median 89.500<br>Minimum 27.670<br>Maximum 203.670 |
| Anth Str Dnm | Number of Strength tests taken | 0 (169) | if (Anth Str3>0, 3, if (Anth Str2>0, 2, if (Anth Str1>0, 1, 0))) | Integer | Value Frequency<br>1   1<br>2  996<br>3  853<br>0  169<br>------<br>Total 2019 |
| Anth Flex1 | Flexibility Test 1 (cm) | 0 (2) | | Real | # Non-Missing 2017 |
| Anth Flex2 | Flexibility Test 2 (cm) | 0 (2) | | Real | # Non-Missing 2017 |
| Anth Flex3 | Flexibility Test 3 (cm) | 0 (2) | | Real | # Non-Missing 2017 |
| Anth Flex Avg | Average Flexibility (cm) | 0 (2) | (Anth Flex1+Anth Flex2+ Anth Flex3)/3 | Real | # Non-Missing 2017<br>Mean 33.660<br>Median 34.170<br>Minimum -4.000<br>Maximum 54.530 |
| Anth Nek1 | 1st Neck measurement (cm) | 0 (0) | | Real | # Non-Missing 2019 |

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Anth Nek2 | 2nd Neck measurement (cm) | 0 (0) | | Real | # Non-Missing 2019 |
| Anth Nek3 | 3rd Neck measurement (cm) | 0 (0) | | Real | # Non-Missing 2019 |
| Anth Nek Avg | Average of three neck measurements (cm) | 0 (0) | (Anth Nek1+Anth Nek2+ Anth Nek3)/3 | Real | # Non-Missing 2019<br>Mean 34.569<br>Median 34.400<br>Minimum 23.500<br>Maximum 45.130 |
| Anth Arm1 | 1st forearm measurement (cm) (females only) | 0 (1090) | | Real | # Non-Missing 929 |
| Anth Arm2 | 2nd forearm measurement (cm) (females only) | 0 (1090) | | Real | # Non-Missing 929 |
| Anth Arm3 | 3rd forearm measurement (cm) (females only) | 0 (1090) | | Real | # Non-Missing 929 |
| Anth Arm Avg | Average of Three forearm measurements (cm) (females only) | 0 (1090) | (Anth Arm1 + Anth Arm2 + Anth Arm3)/3 | Real | # Non-Missing 929<br>Mean 23.174<br>Median 23.170<br>Minimum 15.130<br>Maximum 91.370 |
| Anth ABD1 | 1st abdomen measurement (cm) | 0 (4) | | Real | # Non-Missing 2015 |
| Anth ABD2 | 2nd abdomen measurement (cm) | 0 (4) | | Real | # Non-Missing 2015 |
| Anth ABD3 | 3rd abdomen measurement (cm) | 0 (4) | | Real | # Non-Missing 2015 |
| Anth ABD AVG | Average of three abdomen measurements (cm) | 0 (4) | (Anth ABD1+Anth ABD2+ Anth ABD3)/3 | Real | # Non-Missing 2015<br>Mean 75.904<br>Median 73.530<br>Minimum 31.130<br>Maximum 132.670 |
| Anth Wrist1 | 1st wrist measurement (cm) (females only) | 0 (1092) | | Real | # Non-Missing 927 |

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Anth Wrist2 | 2nd wrist measurement (cm) (females only) | 0 (1092) | | Real | # Non-Missing 927 |
| Anth Wrist3 | 3rd wrist measurement (cm) (females only) | 0 (1092) | | Real | # Non-Missing 927 |
| Anth Wrist Avg | Average of three wrist measurements (cm) (females only) | 0 (1092) | (Anth Wrist1+Anth Wrist2+Anth Wrist3)/3 | Real | # Non-Missing 927<br>Mean 14.844<br>Median 14.800<br>Minimum 12.600<br>Maximum 22.770 |
| Anth Hip1 | 1st hip measurement (cm) (females only) | 0 (1094) | | Real | # Non-Missing 925 |
| Anth Hip2 | 2nd hip measurement (cm) (females only) | 0 (1094) | | Real | # Non-Missing 925 |
| Anth Hip3 | 3rd hip measurement (cm) (females only) | 0 (1094) | | Real | # Non-Missing 925 |
| Anth Hip AVG | Average of three hip measurements (cm) (females only) | 0 (1094) | (Anth Hip1+Anth Hip2+Anth Hip3)/3 | Real | # Non-Missing 925<br>Mean 93.843<br>Median 94.270<br>Minimum 62.670<br>Maximum 110.000 |

Fort Jackson 88 Anthropometric Codes
4D Filename - FJ Anthro

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| Anth Army BF | Army Body Fat Calculation | 0 (8) | For Females:<br>if (Anth Hip2>0,<br>(105.328*Log10(Anth Wt))<br>-(0.200*Anth Wrist Avg)<br>- (0.533*Anth Nek Avg) -<br>(1.574*Anth Arm Avg) +<br>(0.173*Anth Hip Avg) -<br>(0.515*Anth Ht) -<br>35.601), 0)<br><br>For Males:<br>if (Anth Abd2>0, 46.892-<br>(68.678*Log10(Anth Ht))<br>+(76.462*Log10(Anth Abd<br>Avg-Anth Nek Avg)),0) | Real | # Non-Missing 2011<br>Mean 22.742<br>Median 23.500<br>Minimum 5.400<br>Maximum 42.600 |
| Anth Navy BF | Navy Body Fat Calculation | 0 (8) | For Females:<br>if (Anth Hip Avg>0,<br>((4.95/Anth BD)-4.50)*<br>100,0)<br><br>For Males:<br>if (Anth ABD Avg>0,<br>((4.95/Anth BD)-<br>4.50)*100,0) | Real | # Non-Missing 2011<br>Mean 19.449<br>Median 20.200<br>Minimum 0.800<br>Maximum 38.700 |
| Anth BD | Body Density Calculation | 1 (8) | For Females:<br>if (Anth Hip3>0,<br>1.29579+(0.22100*<br>Log10(Anth HT) -<br>(0.35004*Log10(Anth ABD<br>Avg+Anth Hip Avg - Anth<br>Nek Avg)), 1)<br><br>For Males:<br>if (Anth Abd3>0, 1.0324<br>+ (0.15456*Log10(Anth<br>Ht))-(0.19077*Log10(Anth<br>Abd Avg - Abd Nek Avg)),<br>1) | Real | # Non-Missing 2011<br>Mean 1.055<br>Median 1.053<br>Minimum 1.013<br>Maximum 1.098 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC SUB NUM | Subject Number, Unique | | | Alpha8 | # Non-missing 1988 |
| OC RECYCLE CD | Subject Recycled to another unit?<br><br>1=Yes<br>2=No | | Case of<br>: (OC RCYC="Yes")<br>1<br>: (OC RCYC="No")<br>2<br>End case | Integer | Value Frequency<br><br>1      28<br>2    1960<br>      ------<br>Total  1988 |
| OC DISCHRGE CD | Subject Discharged?<br><br>1=Yes<br>2=No | | Case of<br>: (OC DSCHRG ="Yes")<br>1<br>: (OC DSCHRG ="No")<br>2<br>End case | Integer | Value Frequency<br><br>1      59<br>2    1929<br>      ------<br>Total  1988 |
| OC GRADUATE CD | Subject Graduated?<br><br>1=Yes<br>2=No | | Case of<br>: (OC GRADUATION ="Yes")<br>1<br>: (OC GRADUATION ="No")<br>2<br>End case | Integer | Value Frequency<br><br>1    1862<br>2     126<br>      ------<br>Total  1988 |
| OC A NUM | Entered as 1 for all subjects. | | | Integer | Value Frequency<br><br>1    1988<br>      ------<br>Total  1988 |
| OC LAST NAME | | | | Alpha15 | |
| OC FIRST NAME | | | | Alpha12 | |
| OC MI | Middle Initial | (160) | | Alpha2 | # Non-missing 1828 |
| OC SOC SEC NUM | Social Security Number | (0) | | Alpha11<br>(###-##-####) | # Non-missing 1988 |
| OC SEX | | | | Alpha6 | Value    Frequency<br><br>MALE      1073<br>FEMALE     915<br>          ------<br>   Total  1988 |

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Fort Jackson 88 Codes
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| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC RACE | | UNKNOWN (45) | | Alpha8 | Value Frequency<br><br>ASIAN 25<br>A_INDIAN 1<br>BLACK 715<br>HISPANIC 121<br>OTHER 33<br>UNKNOWN 45<br>WHITE 1048<br>------<br>Total 1988 |
| OC AGE | | — (44) | | Integer | # Non-missing 1969<br>Mean 20.148<br>Median 19.000<br>Minimum 17.000<br>Maximum 40.000 |
| OC UNIT | Basic Training Unit | UNKN (17) | | Alpha4 | Value Frequency<br><br>A134 98<br>A213 210<br>B128 130<br>B134 189<br>B213 176<br>BPRO 54<br>C134 224<br>C213 56<br>CPRO 63<br>D134 189<br>D213 232<br>D334 55<br>E213 210<br>EPRO 85<br>UNKN 17<br>------<br>Total 1988 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

| Field Name | Description | Missing Values | Calculation | Format | Responses |
| --- | --- | --- | --- | --- | --- |
| OC PLT | Platoon | 0 (1982) | | Integer | Value Frequency<br><br>.00    1982<br>1.00       2<br>3.00       1<br>4.00       1<br>5.00       1<br>6.00       1<br>-----<br>Total   1988 |

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| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC DT STRT | Date Started Training | 00/00/00 (3) | Case of<br>: (OC UC=1)<br>09/23/88<br>: (OC UC=2)<br>09/21/88<br>: (OC UC=3)<br>09/22/88<br>: (OC UC=4)<br>10/05/88<br>: (OC UC=5)<br>09/23/88<br>: (OC UC=6)<br>10/01/88<br>: (OC UC=7)<br>10/13/88<br>: (OC UC=8)<br>10/14/88<br>: (OC UC=10)<br>09/16/88<br>: (OC UC=11)<br>09/23/88<br>: (OC UC=12)<br>10/07/88<br>: (OC UC=13)<br>09/30/88<br>: (OC UC=14)<br>10/07/88<br>: (OC UC=15)<br>10/14/88<br>End case | Date | # Non-missing 1985<br>Minimum  9/16/88<br>Maximum  10/14/88 |
| OC PT1 MILES | Number of miles ran for 1st OC Test | 0 (17) | | Integer | Value  Frequency<br>1    1087<br>2     884<br>0      17<br>--------<br>Total    1988 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC PT DT1 | Date of 1st PT test | 00/00/00 (485) | | Date | # Non-missing 1503<br>Minimum 9/17/88<br>Maximum 10/11/88 |
| OC PU1 | # of push ups for 1st PT test | 999 (420) | | Integer | # Non-missing 1568<br>Mean 22.269<br>Median 21.000<br>Minimum 1.000<br>Maximum 74.000 |
| OC PUSC1 | score for push ups for 1st PT test | 0 (1973) | | Integer | # Non-missing 15<br>Mean 56.133<br>Median 59.000<br>Minimum 24.000<br>Maximum 94.000 |
| OC SU1 | # of sit ups for 1st PT test | 999 (313) | | Integer | # Non-missing 1675<br>Mean 39.170<br>Median 40.000<br>Minimum 1.000<br>Maximum 91.000 |
| OC SU SC1 | score for sit ups for 1st PT Test | 0 (1974) | | Integer | # Non-missing 14<br>Mean 58.643<br>Median 59.000<br>Minimum 39.000<br>Maximum 83.000 |
| OC RUN MIN1 | minutes portion of run time for 1st PT test | 99 (330) | | Integer | # Non-missing 1658<br>Mean 12.584<br>Median 11.000<br>Minimum 5.000<br>Maximum 29.000 |
| OC RUN SEC1 | seconds portion of run time for 1st PT Test | 99 (330) | | Integer | # Non-missing 1658 |
| OC RUN TM1 | run time for 1st PT test | 99.99 (330) | if (OC RUN MIN1=99, 99.99,(OC RUN MIN1+(OC RUN SEC1/60))) | Real | # Non-missing 1658<br>Mean 13.048<br>Median 11.910<br>Minimum 5.470<br>Maximum 29.830 |

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| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC RUN SC1 | run score for 1st PT test | 0 (1977) | | Integer | # Non-missing 11<br>Mean 46.091<br>Median 54.000<br>Minimum 5.000<br>Maximum 82.000 |
| OC OVRL SC1 | Overall score for 1st PT test | 0 (1970) | OC PUSC1 + OC SU SC1 + OC RUN SC1 | Integer | # Non-missing 18<br>Mean 121.556<br>Median 119.000<br>Minimum 5.000<br>Maximum 255.000 |
| OC HT IN1 | Height in Inches from 1st PT Test | 0 (1579) | | Integer | # Non-missing 409<br>Mean 69.648<br>Median 69.000<br>Minimum 58.000<br>Maximum 78.000 |
| OC HT CM1 | Height in CM from 1st PT test | 0 (1579) | OC HT IN1 * 2.54 | Real | # Non-missing 409<br>Mean 176.909<br>Median 175.300<br>Minimum 147.300<br>Maximum 198.100 |
| OC WT LB1 | Weight in LB from 1st PT test | 0 (1581) | | Integer | # Non-missing 407<br>Mean 162.789<br>Median 160.000<br>Minimum 105.000<br>Maximum 240.000 |
| OC WT KG1 | Weight in KG from 1st PT test | 0 (1581) | OC WT LB1/2.2 | Real | # Non-missing 407<br>Mean 73.994<br>Median 72.700<br>Minimum 47.700<br>Maximum 109.091 |
| OC BMI1 (kg/m^2) | Body Mass Index calculated for 1st PT test | 0 (1581) | OC WT KG1/((OC HT CM1 /100))^2 | Real | # Non-missing 407<br>Mean 23.655<br>Median 23.030<br>Minimum 15.090<br>Maximum 35.400 |
| OC PT DT4 | Date of 4th PT test | 00/00/00 (413) | | Date | # Non-missing 1575<br>Minimum 11/02/88<br>Maximum 11/30/88 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
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| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC PU4 | # of push ups for the 4th PT test | 999 (362) | | Integer | # Non-missing 1626<br>Mean 41.292<br>Median 40.000<br>Minimum 7.000<br>Maximum 96.000 |
| OC PU SC4 | score for push ups for 4th PT test | 0 (1191) | | Integer | # Non-missing 797<br>Mean 69.157<br>Median 69.000<br>Minimum 37.000<br>Maximum 100.000 |
| OC SU4 | # sit ups for 4th PT test | 999 (357) | | Integer | # Non-missing 1631<br>Mean 63.130<br>Median 62.000<br>Minimum 10.000<br>Maximum 99.000 |
| OC SU SC4 | score for sit ups for 4th PT test | 0 (1188) | | Integer | # Non-missing 800<br>Mean 72.703<br>Median 71.000<br>Minimum 20.000<br>Maximum 100.000 |
| OC RUN MIN4 | minutes portion of run time for 4th PT test | 99 (378) | | Integer | # Non-missing 1610<br>Mean 15.043<br>Median 15.000<br>Minimum 11.000<br>Maximum 28.000 |
| OC RUN SEC4 | seconds portion of run time for 4th PT test | 99 (378) | | Integer | # Non-missing 1610 |
| OC RUN TM4 | run time for 4th PT test | 99.99 (378) | if (OC RUN MIN4=99, 99.99,(OC RUN MIN4+(OC RUN SEC4/60))) | Real | # Non-missing 1610<br>Mean 15.497<br>Median 15.010<br>Minimum 11.120<br>Maximum 28.500 |
| OC RUN SC4 | run score for 4th PT Test | 0 (1195) | | Integer | # Non-missing 793<br>Mean 79.603<br>Median 80.000<br>Minimum 28.000<br>Maximum 114.000 |

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Fort Jackson 88 Codes
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| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC OVRL SC4 | Overall score for 4th PT test | 0 (1187) | OC PU SC4 + OC SU SC4 + OC RUN SC4 | Integer | # Non-missing 801<br>Mean 220.231<br>Median 220.000<br>Minimum 104.000<br>Maximum 300.000 |
| OC HT IN4 | Height in Inches from 4th PT Test | 0 (356) | | Integer | # Non-missing 1632<br>Mean 67.441<br>Median 67.000<br>Minimum 51.000<br>Maximum 82.000 |
| OC HT CM4 | Height in CM from 4th PT test | 0 (356) | OC HT IN4*2.54 | Real | # Non-missing 1632<br>Mean 171.302<br>Median 170.200<br>Minimum 129.500<br>Maximum 208.300 |
| OC WT LB4 | Weight in LB from 4th PT test | 0 (358) | | Integer | # Non-missing 1630<br>Mean 148.280<br>Median 143.000<br>Minimum 92.000<br>Maximum 245.000 |
| OC WT KG4 | Weight in KG from 4th PT test | 0 (358) | OC WT LB4/2.2 | Real | # Non-missing 1630<br>Mean 67.400<br>Median 65.000<br>Minimum 41.800<br>Maximum 111.400 |
| OC BMI4 (kg/m^2) | Body Mass Index calculated for 4th PT test | 0 (358) | OC WT KG4/((OC HT CM4/100)^2) | Real | # Non-missing 1630<br>Mean 22.824<br>Median 22.530<br>Minimum 16.360<br>Maximum 38.150 |
| OC RCYC | Subject Recycled to another unit? | | | Alpha3 | Value Frequency<br>no 1960<br>yes 28<br>--------<br>Total 1988 |

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC RC DATE | Recycle Date | 00/00/00 (1961) | | Date | # Non-missing 27<br>Minimum 09/15/88<br>Maximum 11/23/88 |
| OC RC REASON | Reason subject was recycled | | | Alpha30 | |
| OC DSCHRG | Subject Discharged? | | | Alpha3 | Value Frequency<br><br>no 1929<br>yes 59<br>-----<br>Total 1988 |
| OC DC DATE | Discharge Date | 00/00/00 (1930) | | Date | # Non-missing 58<br>Minimum 10/04/88<br>Maximum 11/18/88 |
| OC DC REASON | Reason for discharge | | | Alpha30 | |
| OC GRADUATION | Subject Graduated? | | | Alpha3 | Value Frequency<br><br>no 126<br>yes 1862<br>-----<br>Total 1988 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

| Field Name | Description | Missing Values | Calculation / | Format | Responses |
|---|---|---|---|---|---|
| OC GRAD DATE | Graduation Date | 00/00/00 (129) | Case of<br>: (OC UNIT="A134")<br>11/17/88<br>: (OC UNIT="A213")<br>12/01/88<br>: (OC UNIT="B128")<br>11/09/88<br>: (OC UNIT="B134")<br>11/17/88<br>: (OC UNIT="B213")<br>11/22/88<br>: (OC UNIT="BPRO")<br>12/08/88<br>: (OC UNIT="C134")<br>11/17/88<br>: (OC UNIT="C213")<br>11/22/88<br>: (OC UNIT="CPRO")<br>12/08/88<br>: (OC UNIT="D134")<br>11/17/88<br>: (OC UNIT="D213")<br>12/01/88<br>: (OC UNIT="D334")<br>12/01/88<br>: (OC UNIT="E213")<br>11/22/88<br>: (OC UNIT="EPRO")<br>12/08/88<br>: (OC UNIT="UNKN")<br>00/00/00<br>End Case | Date | # Non-missing 1859<br>Minimum 11/09/88<br>Maximum 12/08/88 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC TRAIN DUR | Training Duration | (0) 15 | if (OC RC DATE>=OC DT STRT, (OC RC DATE - OC DT STRT)+1, if OC DC DATE>=OC DT STRT, (OC DC DATE-OC DT STRT)+1, if OC GRAD DATE>=OC DT STRT, (OC GRAD DATE-OC DT STRT)+1,0))) | Integer | # Non-missing 1973<br>Mean 57.756<br>Median 57.000<br>Minimum 1.000<br>Maximum 320.000 |
| OC OTHER NOTES | | | | Alpha65 | |
| OC SEX CODE | 1=MALE<br>2=FEMALE | | Case of<br>: (OC SEX="MALE")<br>1<br>: (OC SEX="FEMALE")<br>2<br>End case | Integer | Value Frequency<br>1   1073<br>2    915<br>------<br>Total 1988 |
| OC RACE CODE | 1=White<br>2=Black<br>3=Hispanic<br>4=Asian<br>5=American Indian<br>6=Other<br>7=Unknown | 7 (55) | Case of<br>: (OC RACE="ASIAN")<br>4<br>: (OC RACE="A_INDIAN")<br>5<br>: (OC RACE="BLACK")<br>2<br>: (OC RACE="HISPANIC")<br>3<br>: (OC RACE="OTHER")<br>6<br>: (OC RACE="UNKNOWN")<br>7<br>: (OC RACE="WHITE")<br>1 | Integer | Value Frequency<br>1.00  1047<br>2.00   715<br>3.00   121<br>4.00    25<br>5.00     1<br>6.00    33<br>7.00    46<br>------<br>Total 1988 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA
Subjects Only

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC UC | Unit Code<br><br>Male Units:<br>1=A134<br>2=B134<br>3=C134<br>4=A213<br>5=B213<br>6=C213<br>7=BPRO<br>8=CPRO<br><br>9=UNKN<br><br>Female Units:<br>10=B128<br>11=D134<br>12=D213<br>13=E213<br>14=D334<br>15=EPRO | 9  (17) | Case of<br>: (OC UNIT="A134")<br>1<br>: (OC UNIT="A213")<br>4<br>: (OC UNIT="B128")<br>10<br>: (OC UNIT="B134")<br>2<br>: (OC UNIT="B213")<br>5<br>: (OC UNIT="BPRO")<br>7<br>: (OC UNIT="C134")<br>3<br>: (OC UNIT="C213")<br>6<br>: (OC UNIT="CPRO")<br>8<br>: (OC UNIT="D134")<br>11<br>: (OC UNIT="D213")<br>12<br>: (OC UNIT="D334")<br>14<br>: (OC UNIT="E213")<br>13<br>: (OC UNIT="EPRO")<br>15<br>: (OC UNIT="UNKN")<br>9<br>End Case | Integer | Value  Frequency<br>1.00   98<br>2.00   190<br>3.00   223<br>4.00   210<br>5.00   176<br>6.00   56<br>7.00   54<br>8.00   63<br>10.00  130<br>11.00  189<br>12.00  232<br>13.00  210<br>14.00  55<br>15.00  85<br>9.00   17<br>       ------<br>Total  1988 |

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC SUB NUM | Subject Number, Unique | | | Alpha8 | |
| OC RECYCLE CD | Subject Recycled to another unit?<br><br>1=Yes<br>2=No | | Case of<br>: (OC RCYC="Yes")<br>1<br>: (OC RCYC="No")<br>2<br>End case | Integer | Value Frequency<br>1   34<br>2   2694<br>-----<br>Total   2728 |
| OC DISCHRGE CD | Subject Discharged?<br><br>1=Yes<br>2=No | | Case of<br>: (OC DSCHRG ="Yes")<br>1<br>: (OC DSCHRG ="No")<br>2<br>End case | Integer | Value Frequency<br>1   79<br>2   2649<br>-----<br>Total   2728 |
| OC GRADUATE CD | Subject Graduated?<br><br>1=Yes<br>2=No | | Case of<br>: (OC GRADUATION ="Yes")<br>1<br>: (OC GRADUATION ="No")<br>2<br>End case | Integer | Value Frequency<br>1   2416<br>2   312<br>-----<br>Total   2728 |
| OC A NUM | Entered as 1 for all subjects. | | | Integer | Value Frequency<br>1   2728<br>-----<br>Total   2728 |
| OC LAST NAME | | | | Alpha15 | |
| OC FIRST NAME | | | | Alpha12 | |
| OC MI | Middle Initial | (241) | | Alpha2 | # Non-missing 2487 |
| OC SOC SEC NUM | Social Security Number | (2) | | Alpha11 (###-##-####) | # Non-missing 2726 |
| OC SEX | | | | Alpha6 | Value Frequency<br>MALE   1535<br>FEMALE   1193<br>-----<br>Total   2728 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC RACE | | UNKNOWN (259) | | Alpha8 | Value  Frequency<br><br>ASIAN        34<br>A_INDIAN     12<br>BLACK       883<br>HISPANIC    130<br>OTHER        47<br>UNKNOWN     259<br>WHITE      1359<br>--------<br>Total      2728 |
| OC AGE | | — (231) | | Integer | # Non-missing  2483<br>Mean         20.126<br>Median       19.000<br>Minimum      17.000<br>Maximum      40.000 |

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Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC UNIT | Basic Training Unit | UNKN (19) | | Alpha4 | Value Frequency<br>A134 231<br>A213 220<br>B128 216<br>B134 212<br>B213 226<br>BPRO 109<br>C134 227<br>C213 215<br>CPRO 92<br>D134 216<br>D213 255<br>D334 168<br>E213 225<br>EPRO 97<br>UNKN 19<br>-------<br>Total 2728 |
| OC PLT | Platoon | 0 (2670) | | Integer | Value Frequency<br>1 16<br>2 12<br>3 13<br>4 1<br>5 1<br>6 1<br>0 2684<br>-------<br>Total 2728 |

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Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC DT STRT | Date Started Training | 00/00/00 (3) | Case of<br>:(OC UC=1)<br>09/23/88<br>:(OC UC=2)<br>09/21/88<br>:(OC UC=3)<br>09/22/88<br>:(OC UC=4)<br>10/05/88<br>:(OC UC=5)<br>09/23/88<br>:(OC UC=6)<br>10/01/88<br>:(OC UC=7)<br>10/13/88<br>:(OC UC=8)<br>10/14/88<br>:(OC UC=10)<br>09/16/88<br>:(OC UC=11)<br>09/23/88<br>:(OC UC=12)<br>10/07/88<br>:(OC UC=13)<br>09/30/88<br>:(OC UC=14)<br>10/07/88<br>:(OC UC=15)<br>10/14/88<br>End case | Date | # Non-missing 2725<br>Minimum 9/16/88<br>Maximum 10/14/88 |
| OC PT1 MILES | Number of miles ran for 1st OC Test | 0 (33) | | Integer | Value Frequency<br>1 1554<br>2 1141<br>0 33<br>------<br>Total 2728 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC PT DT1 | Date of 1st PT test | 00/00/00 (653) | | Date | # Non-missing 2075<br>Minimum 9/17/88<br>Maximum 10/11/88 |
| OC PU1 | # of push ups for 1st PT test (zeros are legitimate values) | 999 (452) | | Integer | # Non-missing 2276<br>Mean 21.942<br>Median 20.000<br>Minimum .000<br>Maximum 87.000 |
| OC PUSC1 | score for push ups for 1st PT test | 0 (2713) | | Integer | # Non-missing 15<br>Mean 56.133<br>Median 59.000<br>Minimum 24.000<br>Maximum 94.000 |
| OC SU1 | # of sit ups for 1st PT test (zeros are legitimate values) | 999 (396) | | Integer | # Non-missing 2332<br>Mean 39.962<br>Median 40.000<br>Minimum .000<br>Maximum 92.000 |
| OC SU SC1 | score for sit ups for 1st PT Test | 0 (2713) | | Integer | # Non-missing 15<br>Mean 55.133<br>Median 58.000<br>Minimum 6.000<br>Maximum 83.000 |
| OC RUN MIN1 | minutes portion of run time for 1st PT test | 99 (421) | | Integer | # Non-missing 2207<br>Mean 12.137<br>Median 10.000<br>Minimum 5.000<br>Maximum 29.000 |
| OC RUN SEC1 | seconds portion of run time for 1st PT Test | 99 (421) | | Integer | # Non-missing 2307 |
| OC RUN TM1 | run time for 1st PT test (Includes both 1 and 2 mile run times) | 99.99 (421) | if (OC RUN MIN1=99, 99.99,(OC RUN MIN1+(OC RUN SEC1/60))) | Real | # Non-missing 2307<br>Mean 12.600<br>Median 10.920<br>Minimum 5.470<br>Maximum 29.830 |

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| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC RUN SC1 | run score for 1st PT test | 0 (2716) | | Integer | # Non-missing 12<br>Mean 44.083<br>Median 53.000<br>Minimum 5.000<br>Maximum 82.000 |
| OC OVRL SC1 | Overall score for 1st PT test | 0 (2708) | OC PUSC1 + OC SU SC1 + OC RUN SC1 | Integer | # Non-missing 20<br>Mean 110.800<br>Median 112.000<br>Minimum 5.000<br>Maximum 255.000 |
| OC HT IN1 | Height in Inches from 1st PT Test | 0 (2099) | | Integer | # Non-missing 629<br>Mean 69.698<br>Median 70.000<br>Minimum 52.000<br>Maximum 81.000 |
| OC HT CM1 | Height in CM from 1st PT test | 0 (2099) | OC HT IN1 * 2.54 | Real | # Non-missing 629<br>Mean 177.035<br>Median 177.800<br>Minimum 132.100<br>Maximum 205.700 |
| OC WT LB1 | Weight in LB from 1st PT test | 0 (2104) | | Integer | # Non-missing 624<br>Mean 164.019<br>Median 160.000<br>Minimum 105.000<br>Maximum 245.000 |
| OC WT KG1 | Weight in KG from 1st PT test | 0 (2104) | OC WT LB1/2.2 | Real | # Non-missing 624<br>Mean 74.554<br>Median 72.700<br>Minimum 47.700<br>Maximum 111.364 |
| OC BMI1 (kg/m^2) | Body Mass Index calculated for 1st PT test | 0 (2104) | OC WT KG1/((OC HT CM1 /100)^2) | Real | # Non-missing 623<br>Mean 23.784<br>Median 23.110<br>Minimum 15.090<br>Maximum 36.730 |
| OC PT DT4 | Date of 4th PT test | 00/00/00 (587) | | Date | # Non-missing 2141<br>Minimum 11/2/88<br>Maximum 11/30/88 |

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC PU4 | # of push ups for the 4th PT test (zeroes are legitimate values) | 999 (480) | | Integer | # Non-missing 2248<br>Mean 41.162<br>Median 41.000<br>Minimum 7.000<br>Maximum 96.000 |
| OC PU SC4 | score for push ups for 4th PT test | 0 (1915) | | Integer | # Non-missing 813<br>Mean 69.121<br>Median 68.000<br>Minimum 37.000<br>Maximum 100.000 |
| OC SU4 | # sit ups for 4th PT test (zeroes are legitimate values) | 999 (474) | | Integer | # Non-missing 2254<br>Mean 62.957<br>Median 62.000<br>Minimum 10.000<br>Maximum 99.000 |
| OC SU SC4 | score for sit ups for 4th PT test | 0 (1912) | | Integer | # Non-missing 816<br>Mean 72.702<br>Median 71.000<br>Minimum 20.000<br>Maximum 100.000 |
| OC RUN MIN4 | minutes portion of run time for 4th PT test | 99 (501) | | Integer | # Non-missing 2227<br>Mean 15.019<br>Median 15.000<br>Minimum 11.000<br>Maximum 30.000 |
| OC RUN SEC4 | seconds portion of run time for 4th PT test | 99 (501) | | Integer | # Non-missing 2227 |
| OC RUN TM4 | run time for 4th PT test | 99.99 (501) | if (OC RUN MIN4=99, 99.99,(OC RUN MIN4+(OC RUN SEC4/60))) | Real | # Non-missing 2227<br>Mean 15.473<br>Median 15.020<br>Minimum 11.000<br>Maximum 30.750 |
| OC RUN SC4 | run score for 4th PT Test | 0 (1920) | | Integer | # Non-missing 808<br>Mean 79.526<br>Median 79.000<br>Minimum 28.000<br>Maximum 114.000 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC OVRL SC4 | Overall score for 4th PT test | 0 (1911) | OC PU SC4 + OC SU SC4 + OC RUN SC4 | Integer | # Non-missing 817<br>Mean 220.045<br>Median 220.000<br>Minimum 104.000<br>Maximum 300.000 |
| OC HT IN4 | Height in Inches from 4th PT Test | 0 (466) | | Integer | # Non-missing 2262<br>Mean 67.531<br>Median 68.000<br>Minimum 51.000<br>Maximum 82.000 |
| OC HT CM4 | Height in CM from 4th PT test | 0 (466) | OC HT IN4*2.54 | Real | # Non-missing 2262<br>Mean 171.528<br>Median 172.700<br>Minimum 129.500<br>Maximum 208.300 |
| OC WT LB4 | Weight in LB from 4th PT test | 0 (469) | | Integer | # Non-missing 2259<br>Mean 148.817<br>Median 145.000<br>Minimum 92.000<br>Maximum 245.000 |
| OC WT KG4 | Weight in KG from 4th PT test | 0 (469) | OC WT LB4/2.2 | Real | # Non-missing 2259<br>Mean 67.644<br>Median 65.900<br>Minimum 41.800<br>Maximum 111.400 |
| OC BMI4 (kg/m^2) | Body Mass Index calculated for 4th PT test | 0 (469) | OC WT KG4/((OC HT CM4/100)^2) | Real | # Non-missing 2259<br>Mean 22.840<br>Median 22.610<br>Minimum 1.350<br>Maximum 38.150 |
| OC RCYC | Subject Recycled to another unit? | | —(14) | Alpha3 | Value Frequency<br>14<br>no 2680<br>yes 34<br>--------<br>Total 2728 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC RC DATE | Recycle Date | 00/00/00 (2682) | | Date | # Non-missing 32<br>Minimum 9/15/88<br>Maximum 11/23/88 |
| OC RC REASON | Reason subject was recycled | | | Alpha30 | |
| OC DSCHRG | Subject Discharged? | | __(14) | Alpha3 | Value Frequency<br><br>no 14<br>yes 2635<br>    79<br>------<br>Total 2728 |
| OC DC DATE | Discharge Date | 00/00/00 (2650) | | Date | # Non-missing 78<br>Minimum 10/4/88<br>Maximum 12/2/88 |
| OC DC REASON | Reason for discharge | | | Alpha30 | |
| OC GRADUATION | Subject Graduated? | | __(14) | Alpha3 | Value Frequency<br><br>no 14<br>yes 312<br>    2402<br>------<br>Total 2728 |

Print Date:6/2/97 4:44 PM

Last Updated: 5/13/97 3:37 PM

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC GRAD DATE | Graduation Date | 00/00/00 (315) | Case of<br>: (OC UNIT="A134")<br>11/17/88<br>: (OC UNIT="A213")<br>12/01/88<br>: (OC UNIT="B128")<br>11/09/88<br>: (OC UNIT="B134")<br>11/17/88<br>: (OC UNIT="B213")<br>11/22/88<br>: (OC UNIT="BPRO")<br>12/08/88<br>: (OC UNIT="C134")<br>11/17/88<br>: (OC UNIT="C213")<br>11/22/88<br>: (OC UNIT="CPRO")<br>12/08/88<br>: (OC UNIT="D134")<br>11/17/88<br>: (OC UNIT="D213")<br>12/01/88<br>: (OC UNIT="D334")<br>12/01/88<br>: (OC UNIT="E213")<br>11/22/88<br>: (OC UNIT="EPRO")<br>12/08/88<br>: (OC UNIT="UNKN")<br>00/00/00<br>End Case | Date | # Non-missing 2413<br>Minimum 11/9/88<br>Maximum 12/8/88 |

Fort Jackson 88 Codes
4D Filename - FJ PT DATA

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC TRAIN DUR | Training Duration | __(21) | if (OC RC DATE>=OC DT STRT, (OC RC DATE - OC DT STRT)+1, if OC DC DATE>=OC DT STRT, (OC DC DATE-OC DT STRT)+1, if OC GRAD DATE>=OC DT STRT, (OC GRAD DATE-OC DT STRT)+1,0))) | Integer | # Non-missing 2707<br>Mean        57.248<br>Median       56.000<br>Minimum       1.000<br>Maximum     320.000 |
| OC OTHER NOTES | | | | Alpha65 | |
| OC SEX CODE | 1=MALE<br>2=FEMALE | __(14) | Case of<br>: (OC SEX="MALE")<br>1<br>: (OC SEX="FEMALE")<br>2<br>End case | Integer | Value  Frequency<br><br>1      1522<br>2      1192<br>0        14<br>        -----<br>Total    2728 |
| OC RACE CODE | 1=White<br>2=Black<br>3=Hispanic<br>4=Asian<br>5=American Indian<br>6=Other<br>7=Unknown | 7,0 (274) | Case of<br>: (OC RACE="ASIAN")<br>4<br>: (OC RACE="A_INDIAN")<br>5<br>: (OC RACE="BLACK")<br>2<br>: (OC RACE="HISPANIC")<br>3<br>: (OC RACE="OTHER")<br>6<br>: (OC RACE="UNKNOWN")<br>7<br>: (OC RACE="WHITE")<br>1<br>End Case | Integer | Value  Frequency<br><br>1      1358<br>2       876<br>3       128<br>4        34<br>5        12<br>6        46<br>7       260<br>0        14<br>        -----<br>Total    2728 |

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| OC UC | Unit Code<br><br>Male Units:<br>1=A134<br>2=B134<br>3=C134<br>4=A213<br>5=B213<br>6=C213<br>7=BPRO<br>8=CPRO<br><br>9=UNKN<br><br>Female Units:<br>10=B128<br>11=D134<br>12=D213<br>13=E213<br>14=D334<br>15=EPRO | 9,0 (34) | Case of<br>: (OC UNIT="A134")<br>1<br>: (OC UNIT="A213")<br>4<br>: (OC UNIT="B128")<br>10<br>: (OC UNIT="B134")<br>2<br>: (OC UNIT="B213")<br>5<br>: (OC UNIT="BPRO")<br>7<br>: (OC UNIT="C134")<br>3<br>: (OC UNIT="C213")<br>6<br>: (OC UNIT="CPRO")<br>8<br>: (OC UNIT="D134")<br>11<br>: (OC UNIT="D213")<br>12<br>: (OC UNIT="D334")<br>14<br>: (OC UNIT="E213")<br>13<br>: (OC UNIT="EPRO")<br>15<br>: (OC UNIT="UNKN")<br>9<br>End Case | Integer | Value Frequency<br>1 229<br>2 201<br>3 226<br>4 220<br>5 226<br>6 215<br>7 109<br>8 92<br>9 20<br>10 216<br>11 216<br>12 255<br>13 225<br>14 167<br>15 97<br>0 14<br>------<br>Total 2728 |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Miss-ing | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IN SUB NUM | Subject Number | | | Alpha10 | Value Frequency<br>88J#### 1726<br>88J####.## 661<br>-----<br>Total 2387 |
| IN Acc Num | Entered as 1 for everyone | | | Integer | Value Frequency<br>1 2387<br>-----<br>Total 2387 |
| IN Last Name | | | | Alpha15 | |
| IN First Name | | | | Alpha12 | |
| IN MI | Middle Initial | (0) | | Alpha2 | # Non-missing 2387 |
| IN SSN | Social Security Number | | | Alpha11 | |
| IN SEX | | | | Alpha6 | Value Frequency<br>FEMALE 1337<br>MALE 1050<br>-----<br>Total 2387 |
| IN Race | | UNKNOWN (307) | | Alpha8 | Value Frequency<br>ASIAN 21<br>A_INDIAN 7<br>BLACK 650<br>HISPANIC 116<br>OTHER 28<br>UNKNOWN 307<br>WHITE 1258<br>-----<br>Total 2387 |
| IN Age | | 0 (248) | | Integer | # Non-missing 2139<br>Mean 20.508<br>Median 19.000<br>Minimum 17.000<br>Maximum 40.000 |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Format | Responses | Miss-ing | Calculation |
|---|---|---|---|---|---|
| IN Unit | Basic Training Unit | Alpha4 | Value  Frequency<br>A134  126<br>A213  145<br>B128  207<br>B134   61<br>B213  123<br>BPRO  185<br>C134  119<br>C213  165<br>CPRO  126<br>D134  294<br>D213  243<br>D334  230<br>E213  169<br>EPRO  194<br>    ------<br>Total  2387 | | |
| IN Plt | Platoon | Integer | Value  Frequency<br>1    34<br>2    29<br>3    19<br>0  2305<br>  -----<br>Total  2387 | 0 (2305) | |
| IN Dt Strt | Training start date | Date | # Non-missing 2387<br>Minimum 09/16/88<br>Maximum 10/15/88 | | |
| IN Dt Inj | Date of injury | Date | # Non-missing 2387<br>Minimum 09/14/88<br>Maximum 12/06/88 | | |
| IN Inj DC | Day of Cycle on which injury occurred | Integer | # Non-missing 2387<br>Mean 28.360<br>Median 28.000<br>Minimum .000<br>Maximum 74.000 | 0 (0) | if (IN Dt Inj> IN Dt Strt, (IN Dt Inj- IN Dt Strt)+1,0) |
| IN DX | Diagnosis | Alpha25 | | | |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Miss-ing | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IN Type | Type of Injury | UNKNOWN (12) | | Alpha10 | Value  Frequency<br>ABRSN_LC        59<br>ACH_TNDNTS      52<br>ACT_TR/NOS      72<br>BLISTER         51<br>BURSITIS         9<br>CONTSN          64<br>DISLOCN          1<br>FASCITIS        90<br>FX              19<br>OTHER           29<br>OTH_TNDNTS      26<br>OUS/NOS        505<br>PAIN           681<br>SPRAIN         198<br>STRAIN         322<br>STRS_FX         56<br>STRS_RXN       141<br>UNKNOWN         12<br>                ------<br>    Total     2387 |
| IN Side | Side of body on which injury occurred | UK (64) | | Alpha2 | Value  Frequency<br>BT             510<br>LF             655<br>NA             335<br>RT             823<br>UK              64<br>                ------<br>    Total     2387 |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Miss- ing | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IN Body part | Body part that was injured | UNKNOWN (7) | | Alpha8 | Value Frequency |
| | | | | | ABDOMEN 29 |
| | | | | | ANKLE 350 |
| | | | | | CALF 251 |
| | | | | | CHEST 58 |
| | | | | | ELBOW 14 |
| | | | | | FOOT 661 |
| | | | | | HAND 46 |
| | | | | | HEAD 51 |
| | | | | | HIP 31 |
| | | | | | KNEE 420 |
| | | | | | LO_ARM 59 |
| | | | | | LO_BACK 185 |
| | | | | | NECK 12 |
| | | | | | OTHER 4 |
| | | | | | PELVIS 24 |
| | | | | | SHOULDER 86 |
| | | | | | THIGH 72 |
| | | | | | UNKNOWN 7 |
| | | | | | UP_ARM 9 |
| | | | | | UP_BACK 18 |
| | | | | | ------- |
| | | | | | Total 2387 |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Format | Responses |
|---|---|---|---|
| IN Disp | Disposition | Alpha4 | Value  Frequency<br>CNSL      106<br>FLUP       69<br>HOSP       13<br>LD         10<br>NLB      1141<br>NONE       27<br>NOPT       48<br>NUB       122<br>OTHR        7<br>PTOP       23<br>RTD       773<br>UNKN       48<br>      --------<br>Total     2387 |
| IN Days Lost | Number of Days of restricted duty resulting from injury | Integer | # Non-missing 1358<br>Mean          6.703<br>Median        6.000<br>Minimum       1.000<br>Maximum      30.000 |

| Field Name | Calculation | Miss-ing |
|---|---|---|
| IN Disp | | UNKN<br>(48) |
| IN Days Lost | | 0 (1029) |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Miss-ing | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IN Type Cd | Code for IN Type<br>1=Stress Fracture<br>2=Stress Reaction<br>3=Achilles Tendonitis<br>4=Other Tendonitis<br>5=Bursitis<br>6=Fascitis<br>7=Overuse/Not<br>  otherwise specified<br>8=Pain<br>9=Acute Trauma/ Not<br>  otherwise specified<br>10=Strain<br>11=Sprain<br>13=Dislocation<br>14=Fracture<br>15=Blister<br>16=Abrasion/Laceration<br>17=Contusion<br>18=Other<br>19=Unknown | | Case of<br>: (IN Type="STRS_FX")   1<br>: (IN Type="STRS_RXN")   2<br>: (IN Type="ACH_TNDNTS")   3<br>: (IN Type="OTH_TNDNTS")   4<br>: (IN Type="BURSITIS")   5<br>: (IN Type="FASCITIS")   6<br>: (IN Type="OUS/NOS")   7<br>: (IN Type="PAIN")   8<br>: (IN Type="ACT_TR/NOS")   9<br>: (IN Type="STRAIN")   10<br>: (IN Type="SPRAIN")   11<br>: (IN Type="DISLOCN")   13<br>: (IN Type="FX")   14<br>: (IN Type="BLISTER")   15<br>: (IN Type="ABRSN_LC")   16<br>: (IN Type="CONTSN")   17<br>: (IN Type="OTHER")   18<br>: (IN Type="UNKNOWN")   19<br>End Case | Integer | Value  Frequency<br>1.00    56<br>2.00   141<br>3.00    52<br>4.00    26<br>5.00     9<br>6.00    90<br>7.00   505<br>8.00   681<br>9.00    72<br>10.00  322<br>11.00  198<br>13.00    1<br>14.00   19<br>15.00   51<br>16.00   59<br>17.00   64<br>18.00   29<br>19.00   12<br>     ------<br>Total  2387 |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Miss-ing | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IN Prt Cd | Code for IN Body Part<br>1=Head<br>2=Neck<br>3=Chest<br>4=Abdomen<br>5=Upper back<br>6=Shoulder<br>7=Upper Arm<br>8=Elbow<br>9=Lower Arm<br>10=Hand<br>11=Lower Back<br>12=Pelvis<br>13=Hip<br>14=Thigh<br>15=Knee<br>16=Calf<br>17=Ankle<br>18=Foot<br>19=Other<br>20=Unknown | | Case of<br>: (IN Body Part="HEAD") 1<br>: (IN Body Part="NECK") 2<br>: (IN Body Part="CHEST") 3<br>: (IN Body Part="ABDOMEN") 4<br>: (IN Body Part="UP_BACK") 5<br>: (IN Body Part="SHOULDER") 6<br>: (IN Body Part="UP_ARM") 7<br>: (IN Body Part="ELBOW") 8<br>: (IN Body Part="LO_ARM") 9<br>: (IN Body Part="HAND") 10<br>: (IN Body Part="LO_BACK") 11<br>: (IN Body Part="PELVIS") 12<br>: (IN Body Part="HIP") 13<br>: (IN Body Part="THIGH") 14<br>: (IN Body Part="KNEE") 15<br>: (IN Body Part="CALF") 16<br>: (IN Body Part="ANKLE") 17<br>: (IN Body Part="FOOT") 18<br>: (IN Body Part="OTHER") 19<br>: (IN Body Part="UNKNOWN") 20<br>End Case | Integer | Value Frequency<br>1.00 51<br>2.00 12<br>3.00 58<br>4.00 29<br>5.00 18<br>6.00 86<br>7.00 9<br>8.00 14<br>9.00 59<br>10.00 46<br>11.00 185<br>12.00 24<br>13.00 31<br>14.00 72<br>15.00 420<br>16.00 251<br>17.00 350<br>18.00 661<br>19.00 4<br>20.00 7<br>-----<br>Total 2387 |

Fort Jackson 88 Injury Codes
4D Filename - FJ Injury

| Field Name | Description | Miss-ing | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IN Disp cd | Code for IN Disp<br>1=Return to duty<br>2=Light Duty<br>3=PT own pace<br>4=No upper body<br>5=No lower body<br>6=No PT<br>7=Hospital<br>8=Consult<br>9=Other<br>10=Unknown<br>11=None<br>12=Follow Up | 0 (0) | Case of<br>:(IN Disp="RTD") 1<br>:(IN Disp="LD") 2<br>:(IN Disp="PTOP") 3<br>:(IN Disp="NUB") 4<br>:(IN Disp="NLB") 5<br>:(IN Disp="NOPT") 6<br>:(IN Disp="HOSP") 7<br>:(IN Disp="CNSL") 8<br>:(IN Disp="OTHR") 9<br>:(IN Disp="UNKN") 10<br>:(IN Disp="NONE") 11<br>:(IN Disp="FLUP") 12<br>End Case | Integer | Value Frequency<br>1.00  773<br>2.00  10<br>3.00  23<br>4.00  122<br>5.00  1141<br>6.00  48<br>7.00  13<br>8.00  106<br>9.00  7<br>10.00  48<br>11.00  27<br>12.00  69<br>----<br>Total  2387 |
| IN Comb Cd | First two digits are from IN Type Cd, last two digits are from IN Prt Cd | (38) | IN Type Cd*100+IN Prt Cd | Integer | # Non-missing 2349<br>Mean  856.756<br>Median  816.000<br>Minimum  113.000<br>Maximum  1920.000 |
| IN side cd | Code for IN Side<br>1=Right<br>2=Left<br>3=Both<br>4=Not Applicable<br>5=Unknown | | Case of<br>:(IN side="RT") 1<br>:(IN side="LF") 2<br>:(IN side="BT") 3<br>:(IN side="NA") 4<br>:(IN side="UK") 5<br>End Case | Integer | Value Frequency<br>1.00  823<br>2.00  655<br>3.00  510<br>4.00  335<br>5.00  64<br>----<br>Total  2387 |

# ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Coding of injury type based on injury diagnosis

| INJ DX LISTS: | INJ TYPE CODED AS: | NOTES |
|---|---|---|
| ganglion cyst | OUS/NOS | |
| ingrown toenail | OUS/NOS | |
| shin splints | OUS/NOS | |
| PFS (patella femoral syndrome) | OUS/NOS | |
| paronychia/onychogryphosis | OUS/NOS | |
| RPPS | OUS/NOS | overuse of the knee |
| exercise-related injury | OUS/NOS | |
| pain/overuse | OUS/NOS | use the more specific response |
| corns/bunions (foot problem) | PAIN | these are painful foot problems |
| numbness | PAIN | |
| loss of feeling | PAIN | |
| spasm (only) | PAIN | spasm is listed by itself |
| CWP (chest wall pain) | PAIN | |
| chest muscular pain | PAIN | |
| chest pain/tenderness | PAIN | assume to be muscular pain |
| spasm/strain | STRAIN | |
| muscle/tendon | STRAIN | |
| pulled muscle | STRAIN | |
| muscle tear | STRAIN | |
| trauma/joint | SPRAIN | |
| hyperextension | SPRAIN | |
| ligament/MCL (ligament) | SPRAIN | |
| twisted | SPRAIN | |
| trauma/non-joint | CONTUSION | |
| soft/deep tissue injury | CONTUSION | |
| splinter | ABRSN_LC | consider this a type of laceration |
| rope burn | ABRSN_LC | consider this a type of abrasion |
| injury listed as diagnosis | ACT_TR/NOS | |
| callouses | OTHER | record as PAIN if mentioned in DX |
| costochondritis | OTHER | |
| xray/bone scan entry only | UNKNOWN | no info is given regarding inj type |

**special consideration to coding changes as follows:

**if diagnosis entry is incomplete and only mentions a body part, then add "injury" to DX entry and code injury type as: UNKNOWN...(ex...diagnosis only lists "hand", change to "hand injury" and code this as injury type=UNKNOWN)

**if injury type is not given in the diagnosis or injury type=?, code type as: UNKNOWN

**if diagnosis lists "blister" and "cellulitis", move this entry to the illness file and code as a bacterial infection for illness type

# ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Recoding injury type to a downgrade

| INJ DX LISTS: | INJ TYPE CODED AS: | NOTES |
|---|---|---|
| R/O FX | ACT_TR/NOS | Xray results are not mentioned |
| R/O STRS_FX | STRS_RXN | Xray results are not mentioned |
| R/O STRS_RXN/PAIN | PAIN | w/o Xray results, code as PAIN |
| R/O STRS_RXN | OUS/NOS | Xrays/"pain" are not mentioned |
| R/O OUS (overuse) | PAIN | applies if "pain" listed/not listed |

## Coding of body part side if side is not mentioned

| INJ PART LISTS: | INJ SIDE CODED AS: | NOTES |
|---|---|---|
| LO_BACK/UP_BACK | N/A | |
| CHEST or ABDOMEN | N/A | |

## Recoding of body part

| INJ PART LISTS: | INJ PART CODED AS: | NOTES |
|---|---|---|
| groin | PELVIS | |
| tailbone/coccyx | PELVIS | |
| buttocks | LO_BACK | low back usually includes buttocks |
| wrist | LO_ARM | |
| tibia (inner leg) | SHIN or CALF | medial=CALF; distal=ANKLE |
| fibula (outer leg) | CALF | medial=CALF; distal=ANKLE |
| leg (not specific) | CALF | |

**special consideration to coding changes as follows:
**injury diagnosis lists multiple body parts...try to choose the most appropriate part, otherwise; code body part as OTHER

## Coding of appropriate body part in relation to injury diagnosis

| INJ DX LISTS: | INJ PART CODED AS: | NOTES |
|---|---|---|
| shin splints | CALF or SHIN | |
| achilles tendonitis | FOOT | |

# ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Coding of injury dispositions

| INJ DISP LISTS: | INJ DISP CODED AS: | NOTES |
|---|---|---|
| RTC/PRN | RTD | return to clinic as needed |
| TL-2 | NLB | |
| TU-2 | NUB | |
| PROFILE | NOPT, NLB, or NUB | code dependent upon dx+body part |
| CODE C | OTHER | |
| "crutches" | OTHER | |
| "soft shoe" | NLB | |

## Coding days lost/disposition in conjunction with each other (based on med rec reviews)

| INJ DISP/DL LISTS: | INJ DISP/DL CODED AS: | NOTES |
|---|---|---|
| disp=RTD, dl=# (>0) | NUB/NLB with dl=# (>0) | disp depends on dx + body part |
| disp=NLB/NUB/NOPT, dl=? or dl=0 | NLB/NUB/NOPT with dl=1 | |
| disp=xxx, dl>1 | disp=xxx, dl=2 | |
| disp=0, dl=0 | disp=RTD, dl=0 | |
| disp/dl=blank, dx="follow-up" | disp=FLUP, dl=0 | |
| disp=blank, dl=0 or dl=blank | disp=RTD, dl=0 | |
| disp=blank and dl=# (>0) | disp=UNKN with dl=# (>0) | |

**special consideration to coding changes as follows:
**injury diagnosis is listed as xray/bone scan entry only and no disposition or days lost is given, code disp = NONE and DL = 0
**injury diagnosis lists xray/bone scan results only and no disposition or days lost is given, add these results to a previous injury entry, if applicable, otherwise; code as above

**FOR OVERLAPPING DAYS LOST:
    (1) If second visit has disp=FLUP, and there is a balance of days lost from previous visit, (overlapping days) then continue profile with remainder of days lost.
    (2) If second visit has disp=RTD and dl=0, then profile is stopped and days lost is then reduced from previous visit (so that number of days dispensed does not extend past second visit).
    (3) If initial disp=NUB for first visit with days dispensed and second visit has a disp=NLB with days dispensed, then both profiles can exist without changing overlapping days lost from first visit.

# ADDITIONAL CODING NOTATIONS OF INJURY VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Coding of bone scan and xray results (including interpretation grade (IG) for Fort Bliss)

| XRAY/BONE SCAN RESULTS: | XRAY/BS IG CODED AS: | NOTES |
|---|---|---|
| if XRAY=NO | XRAY IG=NA | |
| if XRAY=NEG | XRAY IG=NA | |
| if BONE SCAN=NO | BONE SCAN IG=NA | |
| if BONE SCAN=NEG | BONE SCAN IF=NA | |

**special consideration to coding changes as follows:
**if there is no record of a bone scan/xray being performed, then code XR/BS=NO under results
**Note: xray results could be positive with IG=NONE, so use IG=NA when xray is negative

## Recoding of injury types into overuse and traumatic categories

| OVERUSE CATEGORY: | TRAUMATIC CATEGORY: |
|---|---|
| STRS_FX (stress fracture) | FX (fracture) |
| STRS_RXN (stress reaction) | DISLOCN (dislocation) |
| ACH_TNDNTS (achilles tendinitis) | SPRAIN |
| OTH_TNDNTS (other tendinitis) | STRAIN |
| BURSITIS | CONTSN (contusion) |
| FASCITIS | ABRSN_LC (abrasion/laceration) |
| PAIN | BLISTER |
| OUS/NOS (overuse/not specified) | ACT_TR/NOS (acute trauma/not specified) |

SPECIAL NOTE: If any injury entry cannot be located in the medical record review abstracts, or verified elsewhere, then insert a double asterisk (**) at the beginning of the injury diagnosis text field

Fort Jackson 88 Illness Codes
4D Filename – FJ ILLNESS

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IL SUB NUM | Subject Number, Unique | | | Alpha10 (88J####) | |
| IL A NUM | Entered as 1 for everyone | | | Integer | Value Frequency<br>1    1829<br>------<br>Total   1829 |
| IL LAST NAME | | | | Alpha15 | |
| IL FIRST NAME | | | | Alpha12 | |
| IL MI | Middle Initial | (152) | | Alpha2 | # Non-missing 1677 |
| IL SOC SEC NUM | Social Security Number | | | Alpha11 | |
| IL SEX | | | | Alpha6 | Value Frequency<br>FEMALE   1062<br>MALE    767<br>------<br>Total   1829 |
| IL RACE | | — (67) | | Alpha8 | Value Frequency<br>ASIAN    67<br>A_INDIAN   12<br>BLACK    9<br>HISPANIC  739<br>OTHER    66<br>UNKNOWN   22<br>WHITE   143<br>     771<br>------<br>Total   1829 |
| IL AGE | | 0 (190) | | Integer | # Non-missing 1639<br>Mean    20.056<br>Median   19.000<br>Minimum  17.000<br>Maximum  36.000 |

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IL UNIT | Basic Training Unit | | | Alpha4 | Value Frequency<br>A134 77<br>A213 143<br>B128 167<br>B134 80<br>B213 109<br>BPRO 95<br>C134 72<br>C213 126<br>CPRO 65<br>D134 165<br>D213 273<br>D334 157<br>E213 159<br>EPRO 141<br>Total 1829 |
| IL PLT | Platoon | 0 (1789) | | Integer | Value Frequency<br>0 1789<br>1 9<br>2 12<br>3 18<br>5 1<br>Total 1829 |
| IL DT STRT | Training start date | 00/00/00 (156) | | Date | # Non-missing 1673<br>Minimum 09/16/88<br>Maximum 10/14/88 |
| IL DT ILL | Date of illness | 00/00/00 (465) | | Date | # Non-missing 1364<br>Minimum 08/28/88<br>Maximum 12/12/88 |
| IL ILL DC | Day of Cycle on which illness occurred | 0 (53) | if (IL DT ILL >=IL DT STRT,(IL DT ILL - IL DT STRT)+1,0) | Integer | # Non-missing 1776<br>Mean 27.417<br>Median 25.000<br>Minimum 1.000<br>Maximum 60.000 |
| IL ILL DX | Diagnosis | | | Alpha25 | |

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IL TMP | Temperature | 0 (369) | | Real | # Non-missing 1460<br>Mean 97.953<br>Median 98.000<br>Minimum 92.500<br>Maximum 102.600 |
| IL Type | Type of Illness | | | Alpha8 | Value Frequency<br>ALLRG 27<br>ARRYTH 2<br>BITE/STG 18<br>BLOOD 8<br>COLD 1<br>CV_OTHER 3<br>DEGNR 2<br>ENVRN 1<br>HA 16<br>HEAT 4<br>IMMN 7<br>INFLAM 28<br>MYC/FUNG 85<br>NS_RASH 60<br>OTHER 188<br>OTH_INF 71<br>PRSCRPT 93<br>P_BACT 161<br>P_VIRAL 758<br>UNKNOWN 296<br>--------<br>Total 1829 |

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IL System | System affected by illness. | | | Alpha8 | Value Frequency<br>BTH_GI 42<br>CIRCVAS 23<br>CNS 2<br>CNTRCPTV 86<br>DERM 223<br>EARS 16<br>ENDCR 1<br>EYES 40<br>GEN/REP 163<br>HEART 7<br>LO_GI 32<br>LO_RESP 3<br>OTHER 94<br>PSYCH 14<br>STD 82<br>UNKNOWN 86<br>UP_GI 86<br>UP_RESP 755<br>URN_TR 74<br>------<br>Total 1829 |
| IL Disp | Disposition | | | Alpha4 | Value Frequency<br>CNSL 91<br>HOSP 99<br>LD 16<br>NOPT 13<br>OTHR 6<br>PTOP 7<br>RTD 1591<br>UNKN 6<br>------<br>Total 1829 |
| IL DaysLost | Number of Days of restricted duty resulting from illness | | | Integer | # Non-missing 1829<br>Mean 0.250<br>Median 0.000<br>Minimum 0.000<br>Maximum 20.000 |

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IL Type Cd | Code for IL Type<br>1=Viral Illness<br>2=Bacterial Illness<br>3=Mycology/Fungal<br>4=Other Infection<br>5=Inflammation<br>6=Non-Specific Rash<br>7=Immunological<br>8=Allergy<br>9=Degenerative<br>10=Arrythmia<br>11=Cardiovascular/<br>    Other<br>12=Blood<br>13=Cold<br>14=Heat<br>15=Environmental<br>16=Bite/Sting<br>17=Other<br>18=Unknown<br>20=Prescription<br>21=Head Ache | | Case of<br>: (IL Type="P_VIRAL")      1<br>: (IL Type="P_BACT")       2<br>: (IL Type="MYC/FUNG")     3<br>: (IL Type="OTH_INF")      4<br>: (IL Type="INFLAM")       5<br>: (IL Type="NS_RASH")      6<br>: (IL Type="IMMN")         7<br>: (IL Type="ALLRG")        8<br>: (IL Type="DEGNR")        9<br>: (IL Type="ARRYTH")      10<br>: (IL Type="CV_OTHER")    11<br>: (IL Type="BLOOD")       12<br>: (IL Type="COLD")        13<br>: (IL Type="HEAT")        14<br>: (IL Type="ENVRN")       15<br>: (IL Type="BITE/STG")    16<br>: (IL Type="OTHER")       17<br>: (IL Type="UNKNOWN")     18<br>: (IL Type="PRSCRPT")     20<br>: (IL Type="HA")          21<br>End Case | Integer | Value Frequency<br>1   758<br>2   161<br>3    85<br>4    71<br>5    28<br>6    60<br>7     7<br>8    27<br>9     2<br>10    2<br>11    3<br>12    8<br>13    1<br>14    4<br>15    1<br>16   18<br>17  188<br>18  296<br>20   93<br>21   16<br>------<br>Total  1829 |

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|
| IL System Cd | Code for IL System<br>1=Upper Respiratory<br>2=Lower Respiratory<br>3=Upper Gastrointestinal<br>4=Lower Gastrointestinal<br>5=Both Gastrointestinal<br>6=Urinary Tract<br>7=Genital/Reproductive<br>8=Sexually Transmitted Disease<br>9=Dermatology<br>10=Heart<br>11=Circulatory/Vascular<br>12=Central Nervous System<br>13=Eyes<br>14=Ears<br>15=Psychological<br>16=Endocrine<br>17=Other<br>18=Unknown<br>20=Contraceptive | | Case of<br>: (IL System="UP_RESP")  1<br>: (IL System="LO_RESP")  2<br>: (IL System="UP_GI")  3<br>: (IL System="LO_GI")  4<br>: (IL System="BTH_GI")  5<br>: (IL System="URN_TR")  6<br>: (IL System="GEN/REP")  7<br>: (IL System="STD")  8<br>: (IL System="DERM")  9<br>: (IL System="HEART")  10<br>: (IL System="CIRCVAS")  11<br>: (IL System="CNS")  12<br>: (IL System="EYES")  13<br>: (IL System="EARS")  14<br>: (IL System="PSYCH")  15<br>: (IL System="ENDCR")  16<br>: (IL System="OTHER")  17<br>: (IL System="UNKNOWN")  18<br>: (IL System="CNTRCPTV")  20<br>End Case | Integer | Value Frequency<br>1  755<br>2  3<br>3  86<br>4  32<br>5  42<br>6  74<br>7  163<br>8  82<br>9  223<br>10  7<br>11  23<br>12  2<br>13  40<br>14  16<br>15  14<br>16  1<br>17  94<br>18  86<br>20  86<br>--------<br>Total  1829 |
| IL Disp Cd | Code for IL Disp<br>1=Return to duty<br>2=Light Duty<br>3=PT own pace<br>4=No PT<br>5=Quarters<br>6=Hospital<br>7=Consult<br>8=Other<br>9=Unknown | | Case of<br>: (IL Disp="RTD")  1<br>: (IL Disp="LD")  2<br>: (IL Disp="PTOP")  3<br>: (IL Disp="NOPT")  4<br>: (IL Disp="QRTR")  5<br>: (IL Disp="HOSP")  6<br>: (IL Disp="CNSL")  7<br>: (IL Disp="OTHR")  8<br>: (IL Disp="UNKN")  9<br>End Case | Integer | Value Frequency<br>1  1591<br>2  16<br>3  7<br>4  13<br>6  99<br>7  91<br>8  6<br>9  6<br>--------<br>Total  1829 |

Fort Jackson 88 Illness Codes
4D Filename - FJ ILLNESS

| Field Name | Description | Missing Values | Calculation | Format | Responses |
|------------|-------------|----------------|-------------|--------|-----------|
| IL Comb Cd | | 0 (19) | IL Type Cd*100+ IN System Cd | Integer | # Non-missing 1810<br>Mean      750.885<br>Median    209.000<br>Minimum   101.000<br>Maximum  2117.000 |

# ADDITIONAL CODING NOTATIONS OF ILLNESS VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Coding of illness type and illness system based on illness diagnosis

| ILL DX LISTS: | ILL TYPE CODED AS: | ILL SYSTEM CODED AS: | NOTES |
|---|---|---|---|
| smallpox problem | ALLRG | OTHER | |
| immunization reaction | ALLRG | OTHER | |
| allergy reaction | ALLRG | OTHER | |
| asthma | ALLRG | LO_RESP | |
| | | | |
| dysuria | BACT | STD | |
| sinusitis | BACT | UP_RESP | |
| pneumonia | BACT | LO_RESP | |
| strep throat | BACT | UP_RESP | |
| | | | |
| sunburn | ENVRN | DERM | |
| | | | |
| epididymitis | INFLAM | GENTL | |
| gastritis | INFLAM | UP_GI | |
| nausea | INFLAM | UP_GI | |
| vomiting | INFLAM | UP_GI | |
| abdominal pain/vomiting | INFLAM | UP_GI | |
| acne | INFLAM | DERM | |
| | | | |
| tinea/fungus | NS_RASH | DERM | |
| PFB (pseudofollicular) | NS_RASH | DERM | |
| | | | |
| diarrhea | UNK_INF | LO_GI | |
| bronchitis | UNK_INF | UP_RESP | |
| conjunctivitis | UNK_INF | EYES | ** [ 1 ] |
| gastroenteritis | UNK_INF | BTH_GI | |
| | | | |
| chest congestion | VIRAL | LO_RESP | |
| nasal/sinus congestion | VIRAL | UP_RESP | |
| r/o pneumonia | VIRAL | LO_RESP | |
| URI | VIRAL | UP_RESP | |
| acute respiratory disease | VIRAL | UP_RESP | |
| sorethroat | VIRAL | UP_RESP | |
| pharyngitis | VIRAL | UP_RESP | |

**special consideration to coding changes as follows:
**[1] if diagnosis entry for conjunctivitis specifies bacterial or viral, then code accordingly as BACT or VIRAL instead of UNK_INF

# ADDITIONAL CODING NOTATIONS OF ILLNESS VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Recoding illness entries for prescription refills, lab tests, xrays, and exams

| ILL DX LISTS: | ILL TYPE CODED AS: | ILL SYSTEM CODED AS: | DISP | NOTES |
|---|---|---|---|---|
| rx refills | OTHER | OTHER | NONE | |
| rx refill inhalers | OTHER | LO_RESP | NONE | **[ 1 ] |
| acne meds | INFLAM | DERM | RTD | **[ 2 ] |
| lab work | OTHER | UNKNOWN | NONE | |
| urine/blood work result | OTHER | URN_TR | NONE | **[ 3 ] |
| lab/tr bld occult/nsu /antibiotics | BACT | URN_TR | RTD | **[ 4 ] |
| chest xray | OTHER | UNKNOWN | NONE | |
| sinusitis xray report | BACT | UP_RESP | RTD | **[ 5 ] |
| eye exam | OTHER | EYES | NONE | |

**special consideration to coding changes as follows:
**[1] if it can be determined what the prescription is for, then code the system accordingly and disposition remains as NONE
**[2] if a partial diagnosis is given, or clarifies what the prescription is for, then code the type and system accordingly, and code the disposition as RTD
**[3] if it can be determined what the lab work is for, then code the system accordingly and disposition remains as NONE
**[4] if a partial diagnosis is given, or clarifies what the lab work is for, then code the type and system accordingly, and code the disposition as RTD
**[5] if a partial diagnosis is given, or clarifies what the xray is for, then code the type and system accordingly, and code the disposition as RTD

## Coding of illness disposition and days lost

| ILL DISP LISTS: | ILL DISP CODED AS: | ILL DL CODED AS: | NOTES |
|---|---|---|---|
| PFB/shaving profile with dl=10 | RTD | dl=0 | **[ 1 ] |
| bed rest with dl=# | QRTR | dl=# | |
| no profile | NONE | dl=0 | |

**special consideration to coding changes as follows:
**[1] the shaving profile does not interfere with the basic training schedule, so disposition is coded as RTD with dl=0

# ADDITIONAL CODING NOTATIONS OF ILLNESS VARIABLES IN THE FORT BLISS/JACKSON DATABASE

## Coding days lost/disposition in conjunction with each other (based on med rec reviews)

| ILL DISP/DL LISTS: | ILL DISP/DL CODED AS: | NOTES |
|---|---|---|
| disp=RTD, dl=# (>0) + system | LD/PTOP with dl=# (>0) | choosing disp depends on dx + type |
| disp=0, dl=0 | disp=RTD with dl=0 | |
| disp=blank, dl=0 or dl=blank | disp=RTD with dl=0 | |
| disp=blank and dl=# (>0) | disp=UNKN with dl=# (>0) | |

**special consideration to coding changes as follows:

**illness diagnosis is listed as xray entry only and no disposition or days lost is given, code disposition as NONE and dl = 0

**illness diagnosis lists xray results only and no disposition or days lost is given, but there is a previous diagnosis entry, then add these results to the previous illness entry, if applicable, otherwise; code as above

SPECIAL NOTE: If any illness entry cannot be located in the medical record review abstracts, or verified elsewhere, then insert a double asterisk (**) at the beginning of the illness diagnosis text field

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Sub Num | Subject Number, Unique | | | | Alpha8 | |
| G Unit | Basic Training Unit | | (35) | | Alpha4 | Value Frequency<br>A134    99<br>A213   211<br>B128   143<br>B134   217<br>B213   177<br>B315     2<br>B334     6<br>BPRO    53<br>C134   227<br>C213    55<br>CPRO    63<br>D134   206<br>D213   232<br>D334    49<br>E213   210<br>PROT     1<br>UNKN    14<br>----<br>Total  2049 |
| G Last Name | | | | | Alpha15 | # Non-missing 1897 |
| G First Name | | | | | Alpha15 | # Non-missing 2049 |
| G MI | Middle Initial | | (152) | | Alpha2 | |
| G SSN | Social Security Number | | (0) | | Alpha11 | |
| G DOB | Date of Birth | | 00/00/00 (69) | | Date | # Non-missing 1980<br>Minimum   11/25/47<br>Maximum   01/21/92 |
| G Age | | | 0 (12) | | Integer | # Non-missing 2037<br>Mean    20.116<br>Median  19.000<br>Minimum 17.000<br>Maximum 40.000 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Sex | | | | | Alpha6 | Value Frequency<br>FEMALE 944<br>MALE 1105<br>------<br>Total 2049 |
| G Sex CD | Sex Code<br><br>1=Male<br>2=Female | | | if(G Sex= "Male",1,2) | Integer | Value Frequency<br>1 1105<br>2 944<br>------<br>Total 2049 |
| G Home | Home State (two character postal abbreviation) | | | | Alpha2 | |
| G Acc Num | | | | | Integer | Value Frequency<br>1 2049<br>------<br>Total 2049 |
| G Ed Yrs | Total Number of years of school completed.<br><br>GED or high school diploma entered as 12. College graduation entered as 16. | 1 | 0 (87) | | Integer | Value Frequency<br>8 1<br>9 5<br>10 12<br>11 18<br>12 1486<br>13 206<br>14 122<br>15 46<br>16 55<br>17 6<br>18 5<br>0 87<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G HS Grad | Graduated from high school?<br><br>1=Yes<br>2=No | 1 | 0 (6) | | Integer | Value Frequency<br>1 1967<br>2 76<br>0 6<br>-----<br>Total 2049 |
| G HS YR | Year of high school graduation. | 1 | 0 (158) | | Integer | # Non-missing 1891<br>Mean 86.040<br>Median 88.000<br>Minimum 64.000<br>Maximum 89.000 |
| G Tech Grad | Graduated from a Jr. College, tech, or trade school?<br><br>1=Yes<br>2=No | 1 | 0 (55) | | Integer | Value Frequency<br>1 209<br>2 1785<br>0 55<br>-----<br>Total 2049 |
| G Tech Yr | Year of Graduation from Jr. College, tech, or trade school. | 1 | 0 (186) | | Integer | # Non-missing 1863<br>Mean 85.903<br>Median 87.000<br>Minimum 72.000<br>Maximum 88.000 |
| G Col Gr | Graduated from college?<br><br>1=Yes<br>2=No | 1 | 0 (65) | | Integer | Value Frequency<br>0 65<br>1 74<br>2 1902<br>-----<br>Total 2041 |
| G Col Yr | Year of college graduation. | 1 | 0 (1983) | | Integer | # Non-missing 66<br>Mean 85.621<br>Median 87.000<br>Minimum 77.000<br>Maximum 88.000 |
| G Job Name | Name of last job | 2 | | | Alpha20 | |

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| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Job Hrs Wk | Number of hours worked per week | 2 | 0 (169) | | Integer | # Non-missing 1881<br>Mean 36.649<br>Median 40.000<br>Minimum 3.000<br>Maximum 120.000 |
| G Last Yr | Last year worked | 2 | 0 (402) | | Integer | # Non-missing 1647 |
| G Total Mnths | Total number of months worked in last year of work. | 2 | 0 (205) | | Integer | # Non-missing 1844<br>Mean 5.995<br>Median 5.000<br>Minimum 1.000<br>Maximum 13.000 |
| G Last Mnth | Last Month worked<br><br>JA=January<br>FB=February<br>MA=March<br>AP=April<br>MY=May<br>JN=June<br>JL=July<br>AG=August<br>SP=September<br>OC=October<br>NV=November<br>DC=December | 2 | — (210) | | Alpha3 | Value Frequency<br>   210<br>AG 509<br>AP 25<br>DC 502<br>FB 10<br>JA 7<br>JL 151<br>JN 82<br>MA 17<br>MY 59<br>NV 17<br>OC 27<br>SP 433<br>-------<br>Total 2049 |
| G Job Desc | Job description | 2 | | | Alpha36 | |
| G Busns Type | Type of Business | 2 | | | Alpha23 | |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Act Lvl | Overall physical activity level | 3 | | | Alpha10 | Value          Frequency<br>Inactive               34<br>Not Very Active       205<br>Average               757<br>Active                697<br>Very Active           352<br>Unknown                4<br>                  ------<br>Total                2049 |
| G Act Lvl Cd | Overall physical activity level code<br><br>1=Inactive<br>2=Not Very Active<br>3=Average<br>4=Active<br>5=Very Active | 3 | 0    (4) | If (G Act Lvl= "Inactive",1,if (G Act Lvl= "N.V.Active",2, if (G Act Lvl= "Average",3,if (G Act Lvl= "Active",4,if (G Act Lvl= "Vry Active",5,0) | Integer | Value   Frequency<br>1          34<br>2         205<br>3         757<br>4         697<br>5         352<br>0           4<br>        ------<br>Total      2049 |
| G Var sports | Participated in Varsity Sports?<br><br>1=Yes<br>2=No | 4 | 0    (11) | | Integer | Value   Frequency<br>1        1112<br>2         926<br>0          11<br>        ------<br>Total      2049 |
| G Tl Yr Vrst | Total number of years (between 1983 and 1988) of varsity sport participation | 4 | 0  (968) | | Integer | # Non-missing 1081<br>Mean        3.140<br>Median      3.000<br>Minimum     1.000<br>Maximum    11.000 |
| G Last Vrst Yr | Last year of varsity sport participation | 4 | 0  (970) | | Integer | # non-missing 1079<br>Mean       85.927<br>Median     87.000<br>Minimum    70.000<br>Maximum    88.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Non Schl sp | Participated in non-varsity sports?<br><br>1=yes<br>2=no | 4 | 0 (60) | | Integer | Value Frequency<br>1 1014<br>2 975<br>0 60<br>------<br>Total 2049 |
| G Tl NSS yrs | Total number of years (between 1983 and 1988) of non-varsity sport participation | 4 | 0 (1144) | | Integer | # Non-missing 905<br>Mean 3.535<br>Median 3.000<br>Minimum 1.000<br>Maximum 16.000 |
| G Last NSS yr | Last year of non-varsity sport participation | 4 | 0 (1144) | | Integer | # Non-missing 905<br>Mean 86.457<br>Median 87.000<br>Minimum 64.000<br>Maximum 88.000 |
| G Org Sport 1 | Name of organized sport participated in high school or college (first entry) | 5 | | | Alpha15 | |
| G Org Sport 2 | Name of organized sport participated in high school or college (second entry) | 5 | | | Alpha15 | |
| G Org Sport 3 | Name of organized sport participated in high school or college (third entry) | 5 | | | Alpha15 | |
| G Var Lttr | Received a varsity letter in high school or college sports?<br><br>1=Yes<br>2=No | 6 | 0 (13) | | Integer | Value Frequency<br>1 807<br>2 1229<br>0 13<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Yrs Started | Number of years started in a varsity sport in high school or college. | 6 | 0 (1273) | | Integer | Value Frequency<br>1 161<br>2 229<br>3 195<br>4 143<br>5 17<br>6 19<br>7 4<br>8 5<br>9 3<br>0 1273<br>--------<br>Total 2049 |
| G Varsty Sprt1 | Name of high school or college varsity sport participated in. (first entry) | 6 | | | Alpha15 | |
| G Varsty Sprt2 | Name of high school or college varsity sport participated in. (second entry) | 6 | | | Alpha15 | |
| G Varsty Sprt3 | Name of high school or college varsity sport participated in. (third entry) | 6 | | | Alpha15 | |
| G Fit Lvl | Physical fitness level | 7 | | | Alpha11 | Value Frequency<br>Poor 19<br>Below Average 208<br>Average 1224<br>Above Average 503<br>Excellent 91<br>Unknown 4<br>--------<br>Total 2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G F L Code | Physical fitness level code.<br><br>1=Poor<br>2=Below Average<br>3=Average<br>4=Above Average<br>5=Excellent | 7 | 0 (4) | | Integer | Value Frequency<br>1   19<br>2   208<br>3   1224<br>4   503<br>5   91<br>0   4<br>------<br>Total   2049 |
| G Fit Act | Exercised regularly to keep fit?<br><br>1=Yes<br>2=No | 8 | 0 (6) | | Integer | Value Frequency<br>1   1445<br>2   598<br>0   6<br>------<br>Total   2049 |
| G T Yr FA | Total number of years (between 1983 and 1988) of regular fitness exercise | 8 | 0 (608) | | Integer | # Non-Missing 1441<br>Mean   3.001<br>Median   2.000<br>Minimum   1.000<br>Maximum   9.000 |
| G Ls Yr FA | Last year of regular fitness exercise | 8 | 0 (608) | | Integer | # Non-missing 1441<br>Mean   87.401<br>Median   88.000<br>Minimum   77.000<br>Maximum   88.000 |
| G Fts Act1 | Fitness activity (first entry) | 8 | | | Alpha15 | |
| G Fts Act2 | Fitness activity (second entry) | 8 | | | Alpha15 | |
| G Fts Act3 | Fitness activity (third entry) | 8 | | | Alpha15 | |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G W Act Lvl | Occupational activity level | 9 | | | Alpha9 | Value   Frequency<br><br>Sedentary   412<br>Light Work   677<br>Medium Work   532<br>Heavy Work   241<br>Very Heavy Work   148<br>Unknown   39<br>--------<br>Total   2049 |
| G W AL Code | Occupational activity level code<br><br>1=Sedentary<br>2=Light Work<br>3=Medium Work<br>4=Heavy Work<br>5=Very Heavy Work | 9 | 0 (39) | | Integer | Value   Frequency<br>1   412<br>2   677<br>3   532<br>4   241<br>5   148<br>0   39<br>--------<br>Total   2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Org Sprt1 Cd | Code for G Org Sport1<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (558) | | Integer | Value Frequency<br>2   1<br>3   194<br>4   8<br>5   23<br>8   19<br>9   23<br>10   61<br>11   31<br>12   326<br>13   276<br>14   68<br>15   11<br>16   14<br>17   36<br>18   223<br>19   37<br>20   112<br>21   28<br>0   558<br>--------<br>Total   2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Org Sprt2 Cd | Code for G Org Sport2<br>1=Walking/Hiking<br>2=Horseback Riding ·<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (968) | | Integer | Value Frequency<br>1       3<br>2       1<br>3     169<br>4       8<br>5      16<br>6      30<br>7      11<br>8      36<br>9      34<br>10     212<br>11     122<br>12      43<br>13       5<br>14       8<br>15      26<br>16     197<br>17      35<br>18     106<br>19      19<br>20     968<br>21<br>0<br>--------<br>Total  2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Org Sprt3 Cd | Code for G Org Sport3<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (1385) | | Integer | Value Frequency<br>1   1<br>2   1<br>3   119<br>4   15<br>5   12<br>6   1<br>8   33<br>9   9<br>10   13<br>11   34<br>12   82<br>13   48<br>14   22<br>15   4<br>16   3<br>17   18<br>18   147<br>19   24<br>20   52<br>21   26<br>0   1385<br>------<br>Total   2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Var Sprt1 Cd | Code for G Varsty Sprt1<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (1275) | | Integer | Value Frequency<br>3   141<br>4   1<br>5   1<br>8   1<br>10   44<br>11   17<br>12   173<br>13   179<br>14   33<br>15   1<br>16   4<br>17   28<br>18   79<br>19   18<br>20   43<br>21   11<br>0   1275<br>---------<br>Total  2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Var Sprt2 Cd | Code for G Varsty Sprt2<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (1707) | | Integer | Value Frequency<br>3  91<br>5  1<br>8  2<br>10  14<br>11  5<br>12  61<br>13  51<br>14  10<br>16  2<br>17  6<br>18  59<br>19  8<br>20  27<br>21  5<br>0  1707<br>------<br>Total  2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Var Sprt3 Cd | Code for G Varsty Sprt3<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (1944) | | Integer | Value Frequency<br>3  39<br>4  1<br>8  2<br>10  4<br>11  4<br>12  11<br>13  9<br>14  6<br>16  2<br>17  3<br>18  14<br>20  8<br>21  2<br>0  1944<br>------<br>Total  2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses | |
|---|---|---|---|---|---|---|---|
| | | | | | | Value Frequency | |
| G Fit Act1 Cd | Code for G Fts Act1 | | 0 (628) | | Integer | 1 | 43 |
| | 1=Walking/Hiking | | | | | 2 | 2 |
| | 2=Horseback Riding | | | | | 3 | 3 |
| | 3=Track and Field | | | | | 4 | 64 |
| | 4=Bicycling | | | | | 5 | 682 |
| | 5=Running | | | | | 6 | 76 |
| | 6=Calisthenics | | | | | 7 | 6 |
| | 7=Stretching | | | | | 8 | 228 |
| | 8=Weight Lifting | | | | | 9 | 15 |
| | 9=Martial Arts | | | | | 10 | 2 |
| | 10=Wrestling/Boxing | | | | | 11 | 11 |
| | 11=Tennis | | | | | 12 | 20 |
| | 12=Basketball | | | | | 13 | 4 |
| | 13=Football | | | | | 15 | 4 |
| | 14=Soccer/Hockey | | | | | 16 | 222 |
| | 15=Skating/Skiing | | | | | 17 | 1 |
| | 16=Aerobics | | | | | 18 | 2 |
| | 17=Drill | | | | | 19 | 23 |
| | 18=Baseball | | | | | 20 | 2 |
| | 19=Swimming | | | | | 21 | 11 |
| | 20=Volleyball | | | | | 0 | 628 |
| | 21=Other | | | | | | ------ |
| | | | | | | Total | 2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Fit Act2 Cd | Code for G Fts Act2<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (1143) | | Integer | Value Frequency<br>1    43<br>2     3<br>3     3<br>4    60<br>5   166<br>6   136<br>7    22<br>8   209<br>9     4<br>10    2<br>11   15<br>12   34<br>13    4<br>14    1<br>16  131<br>18    6<br>19   48<br>20    1<br>21   18<br>0  1143<br>---------<br>Total   2049 |

Fort Jackson 88 Questionnaire Part 1 (General History)
4D Filename - FJ Gen Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| G Fit Act3 Cd | Code for G Fts Act3<br>1=Walking/Hiking<br>2=Horseback Riding<br>3=Track and Field<br>4=Bicycling<br>5=Running<br>6=Calisthenics<br>7=Stretching<br>8=Weight Lifting<br>9=Martial Arts<br>10=Wrestling/Boxing<br>11=Tennis<br>12=Basketball<br>13=Football<br>14=Soccer/Hockey<br>15=Skating/Skiing<br>16=Aerobics<br>17=Drill<br>18=Baseball<br>19=Swimming<br>20=Volleyball<br>21=Other | | 0 (1671) | | Integer | Value Frequency<br>1    20<br>2     1<br>3     2<br>4    42<br>5    54<br>6    55<br>7    12<br>8    65<br>9     4<br>10     2<br>11     9<br>12    11<br>13     1<br>14     1<br>15     2<br>16    46<br>17     1<br>18     6<br>19    31<br>20     4<br>21     9<br>0  1671<br>-------<br>Total  2049 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act Sub Num | Subject Number, Unique | | | | Alpha8 | |
| Act Unit | Basic Training Unit | — (8) | | | Alpha4 | Value Frequency<br>A134 99<br>A213 211<br>B128 143<br>B134 217<br>B213 177<br>B315 2<br>B334 6<br>BPRO 53<br>C134 227<br>C213 55<br>CPRO 63<br>D134 206<br>D213 232<br>D334 49<br>E213 210<br>PROT 1<br>UNKN 14<br>------<br>Total 2049 |
| Act Acc Num | Entered as 1 for all subjects. | | | | Integer | Value Frequency<br>1 2049<br>------<br>Total 2049 |
| Act Act1 | Did Walking as a fitness activity during past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 1373<br>2 676<br>------<br>Total 2049 |
| Act TM AC1 | Total number of months walking during the past year. | 10 | 0 (710) | | Integer | # Non-missing 1339<br>Mean 7.615<br>Median 7.000<br>Minimum 1.000<br>Maximum 13.000 |

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Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC1 | Last month of Walking. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987 | 10 | 0 (711) | | Integer | Value Frequency<br>1 407<br>2 3<br>3 8<br>4 17<br>5 33<br>6 43<br>7 71<br>8 216<br>9 338<br>10 43<br>11 22<br>12 137<br>0 711<br>------<br>Total 2049 |
| Act WM1 | Number of weeks per month spent walking during the past year. | 10 | 0 (726) | | Integer | # Non-missing 1323<br>Mean 3.361<br>Median 4.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW1 | Number of days per week spent walking during the past year. | 10 | 0 (714) | | Integer | # Non-missing 1335<br>Mean 4.509<br>Median 5.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD1 | Number of minutes per day spent walking during the past year. | 10 | 0 (739) | | Integer | # Non-missing 1310<br>Mean 79.641<br>Median 45.000<br>Minimum 5.000<br>Maximum 900.000 |
| Act EF1 | Level of effort exerted when walking. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (772) | | Integer | # Non-missing 1277<br>Mean 2.183<br>Median 2.000<br>Minimum 1.000<br>Maximum 5.000 |

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| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act TMIN1 | Total number of minutes per week spent walking during the past year. | 10 | 0 (793) | Act TM Ac1*Act WM1*Act DW1*Act MD1)/52 | Real | # Non-missing 1256<br>Mean 283.166<br>Median 69.231<br>Minimum .192<br>Maximum 6300.000 |
| Act AC2 | Did hiking or hunting as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 552<br>2 1497<br>--------<br>Total 2049 |
| Act TM AC2 | Total number of months hiking or hunting during the past year. | 10 | 0 (1524) | | Integer | # Non-missing 525<br>Mean 4.011<br>Median 3.000<br>Minimum 1.000<br>Maximum 13.000 |
| Act LM AC2 | Last month of hiking or hunting.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1524) | | Integer | Value Frequency<br>1 139<br>2 9<br>3 14<br>4 14<br>5 11<br>6 27<br>7 39<br>8 67<br>9 46<br>10 27<br>11 63<br>12 69<br>0 1524<br>--------<br>Total 2049 |
| Act WM2 | Number of weeks per month spent hiking or hunting during the past year. | 10 | 0 (1540) | | Integer | # Non-missing 509<br>Mean 2.324<br>Median 2.000<br>Minimum 1.000<br>Maximum 4.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act DW2 | Number of days per week spent hiking or hunting during the past year. | 10 | 0 (1533) | | Integer | # Non-missing 516<br>Mean 2.893<br>Median 2.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD2 | Number of minutes per day spent hiking or hunting during the past year. | 10 | 0 (1586) | | Integer | # Non-missing 463<br>Mean 197.564<br>Median 180.000<br>Minimum 3.000<br>Maximum 780.000 |
| Act EF2 | Level of effort exerted when hiking or hunting.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (1552) | | Integer | # Non-missing 497<br>Mean 2.775<br>Median 3.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN2 | Total number of minutes per week spent hiking or hunting during the past year. | 10 | 0 (1614) | Act TM AC2*Act WM2*ACT DW2*ACT MD2)/52 | Real | # Non-missing 435<br>Mean 143.189<br>Median 51.923<br>Minimum .192<br>Maximum 3360.000 |
| Act AC3 | Did stream fishing as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1    358<br>2    1691<br>-------<br>Total    2049 |
| Act TM AC3 | Total number of months stream fishing during the past year. | 10 | 0 (1724) | | Integer | # Non-missing 325<br>Mean 4.077<br>Median 4.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC3 | Last month of stream fishing.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1723) | | Integer | Value Frequency<br>1      27<br>2       4<br>3       4<br>4      10<br>5      13<br>6      31<br>7      43<br>8      90<br>9      62<br>10     21<br>11      9<br>12     12<br>0    1723<br>--------<br>Total  2049 |
| Act WM3 | Number of weeks per month spent stream fishing during the past year. | 10 | 0 (1721) | | Integer | # Non-missing 328<br>Mean      2.101<br>Median    2.000<br>Minimum   1.000<br>Maximum   4.000 |
| Act DW3 | Number of days per week spent stream fishing during the past year. | 10 | 0 (1722) | | Integer | # Non-missing 327<br>Mean      2.303<br>Median    2.000<br>Minimum   1.000<br>Maximum   7.000 |
| Act MD3 | Number of minutes per day spent stream fishing during the past year. | 10 | 0 (1736) | | Integer | # Non-missing 313<br>Mean    209.262<br>Median  180.000<br>Minimum   6.000<br>Maximum 720.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF3 | Level of effort exerted when stream fishing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1737) | | Integer | # Non-missing 312<br>Mean 1.776<br>Median 1.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN3 | Total number of minutes per week spent stream fishing during the past year. | 10 | 0 (1764) | Act TM AC3*Act WM3*Act DW3*Act MD3)/52 | Real | # Non-missing 285<br>Mean 98.185<br>Median 46.154<br>Minimum .192<br>Maximum 1107.692 |
| Act AC4 | Did bicycling as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 859<br>2 1190<br>--------<br>Total 2049 |
| Act TM AC4 | Total number of months bicycling during the past year. | 10 | 0 (1252) | | Integer | # Non-missing 797<br>Mean 4.802<br>Median 4.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename – FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC4 | Last month of bicycling. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987 | 10 | 0 (1251) | | Integer | Value Frequency<br>1    96<br>2     7<br>3    14<br>4    21<br>5    28<br>6    43<br>7    94<br>8   229<br>9   191<br>10    40<br>11    13<br>12    22<br>0  1251<br>------<br>Total  2049 |
| Act WM4 | Number of weeks per month spent bicycling during the past year. | 10 | 0 (1252) | | Integer | # Non-missing 797<br>Mean      2.896<br>Median    3.000<br>Minimum   1.000<br>Maximum   4.000 |
| Act DW4 | Number of days per week spent bicycling during the past year. | 10 | 0 (1244) | | Integer | # Non-missing 805<br>Mean      3.534<br>Median    3.000<br>Minimum   1.000<br>Maximum   7.000 |
| Act MD4 | Number of minutes per day spent bicycling during the past year. | 10 | 0 (1262) | | Integer | # Non-missing 787<br>Mean     79.152<br>Median   60.000<br>Minimum   2.000<br>Maximum 780.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF4 | Level of effort exerted when bicycling. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1271) | | Integer | # Non-missing 778<br>Mean 3.136<br>Median 3.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN4 | Total number of minutes per week spent bicycling during the past year. | 10 | 0 (1323) | Act TM AC4*Act WM4*Act DW4*Act MD4)/52 | Real | # Non-missing 726<br>Mean 123.415<br>Median 34.615<br>Minimum .192<br>Maximum 2160.000 |
| Act AC5 | Did running or jogging as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 1399<br>2 650<br>-------<br>Total 2049 |
| Act TM AC5 | Total number of months running or jogging during the past year. | 10 | 0 (802) | | Integer | # Non-missing 1247<br>Mean 5.176<br>Median 4.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC5 | Last month of running or jogging.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (801) | | Integer | Value Frequency<br>1   210<br>2   13<br>3   18<br>4   25<br>5   47<br>6   57<br>7   91<br>8   293<br>9   355<br>10  44<br>11  33<br>12  62<br>0   801<br>------<br>Total  2049 |
| Act WM5 | Number of weeks per month spent running or jogging during the past year. | 10 | 0 (746) | | Integer | # Non-missing 1303<br>Mean   3.165<br>Median  4.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW5 | Number of days per week spent running or jogging during the past year. | 10 | 0 (719) | | Integer | # Non-missing 1330<br>Mean   3.647<br>Median  3.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD5 | Number of minutes per day spent running or jogging during the past year. | 10 | 0 (736) | | Integer | # Non-missing 1313<br>Mean  50.113<br>Median  30.000<br>Minimum 2.000<br>Maximum 1200.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF5 | Level of effort exerted when running or jogging. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (787) | | Integer | # Non-missing 1262<br>Mean 3.688<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN5 | Total number of minutes per week spent running or jogging during the past year. | 10 | 0 (898) | Act TM AC5*Act WM5*Act DW5*Act MD5)/52 | Real | # Non-missing 1151<br>Mean 86.406<br>Median 27.692<br>Minimum .192<br>Maximum 4200.000 |
| Act AC6 | Did calesthenics as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1   609<br>2   1440<br>------<br>Total 2049 |
| Act TM AC6 | Total number of months of calesthenics during the past year. | 10 | 0 (1496) | | Integer | # Non-missing 553<br>Mean 6.485<br>Median 5.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC6 | Last month of calesthenics.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1497) | | Integer | Value Frequency<br>1 159<br>2 5<br>3 16<br>4 10<br>5 27<br>6 17<br>7 29<br>8 95<br>9 115<br>10 13<br>11 18<br>12 48<br>0 1497<br>---------<br>Total 2049 |
| Act WM6 | Number of weeks per month spent on calesthenics during the past year. | 10 | 0 (1488) | | Integer | # Non-missing 561<br>Mean 3.201<br>Median 4.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW6 | Number of days per week spent on calesthenics during the past year. | 10 | 0 (1484) | | Integer | # Non-missing 565<br>Mean 3.837<br>Median 4.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD6 | Number of minutes per day spent on calesthenics during the past year. | 10 | 0 (1494) | | Integer | # non-missing 555<br>Mean 36.431<br>Median 30.000<br>Minimum 5.000<br>Maximum 480.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF6 | Level of effort exerted when doing calesthenics. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1501) | | Integer | # Non-missing 548<br>Mean 2.949<br>Median 3.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN6 | Total number of minutes per week spent on calesthenics during the past year. | 10 | 0 (1544) | Act TM AC6*Act WM6*Act DW6*Act MD6)/52 | Real | # Non-missing 505<br>Mean 71.308<br>Median 27.692<br>Minimum .192<br>Maximum 1620.000 |
| Act AC7 | Did stretching as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 1168<br>2 881<br>------<br>Total 2049 |
| Act TM AC7 | Total number of months of stretching during the past year. | 10 | 0 (1037) | | Integer | # Non-missing 1012<br>Mean 6.968<br>Median 6.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC7 | Last month of stretching.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1040) | | Integer | Value Frequency<br>1 282<br>2 13<br>3 20<br>4 16<br>5 34<br>6 31<br>7 52<br>8 184<br>9 231<br>10 22<br>11 18<br>12 106<br>0 1040<br>--------<br>Total 2049 |
| Act WM7 | Number of weeks per month spent stretching during the past year. | 10 | 0 (1000) | | Integer | # Non-missing 1049<br>Mean 3.413<br>Median 4.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW7 | Number of days per week spent stretching during the past year. | 10 | 0 (995) | | Integer | # Non-missing 1054<br>Mean 4.250<br>Median 4.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD7 | Number of minutes per day spent stretching during the past year. | 10 | 0 (1021) | | Integer | # Non-missing 1028<br>Mean 28.620<br>Median 15.000<br>Minimum 1.000<br>Maximum 540.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF7 | Level of effort exerted when stretching. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1029) | | Integer | # Non-missing 1020<br>Mean 2.291<br>Median 2.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN7 | Total number of minutes per week spent stretching during the past year. | 10 | 0 (1137) | Act TM AC7*Act WM7*Act DW7*Act MD7)/52 | Real | # Non-missing 912<br>Mean 65.963<br>Median 27.692<br>Minimum .096<br>Maximum 1260.000 |
| Act AC8 | Did weight lifting as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 991<br>2 1058<br>------<br>Total 2049 |
| Act TM AC8 | Total number of months of weight lifting during the past year. | 10 | 0 (1219) | | Integer | # Non-missing 830<br>Mean 5.730<br>Median 4.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC8 | Last month of weight lifting. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987 | 10 | 0 (1220) | | Integer | Value Frequency 1 218 2 19 3 32 4 32 5 56 6 39 7 63 8 131 9 136 10 8 11 21 12 74 0 1220 ------ Total 2049 |
| Act WM8 | Number of weeks per month spent weight lifting during the past year. | 10 | 0 (1190) | | Integer | # Non-missing 859 Mean 3.244 Median 4.000 Minimum 1.000 Maximum 4.000 |
| Act DW8 | Number of days per week spent weight lifting during the past year. | 10 | 0 (1180) | | Integer | # Non-missing 869 Mean 3.550 Median 3.000 Minimum 1.000 Maximum 7.000 |
| Act MD8 | Number of minutes per day spent weight lifting during the past year. | 10 | 0 (1195) | | Integer | # Non-missing 854 Mean 63.382 Median 60.000 Minimum 3.000 Maximum 480.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF8 | Level of effort exerted when weight lifting.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (1207) | | Integer | # non-missing 842<br>Mean 3.494<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN8 | Total number of minutes per week spent weight lifting during the past year. | 10 | 0 (1308) | Act TM AC8*Act WM8*Act DW8*Act MD8)/52 | Real | # Non-missing 741<br>Mean 109.899<br>Median 46.154<br>Minimum .288<br>Maximum 1680.000 |
| Act AC9 | Did martial arts as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 153<br>2 1896<br>--------<br>Total 2049 |
| Act TM AC9 | Total number of months of martial arts during the past year. | 10 | 0 (1925) | | Integer | # Non-missing 124<br>Mean 6.710<br>Median 6.000<br>Minimum 1.000<br>Maximum 13.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC9 | Last month of martial arts.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1925) | | Integer | Value Frequency<br>1    38<br>2    4<br>3    9<br>4    7<br>5    6<br>6    2<br>7    7<br>8    20<br>9    17<br>10   2<br>11   2<br>12   10<br>0    1925<br>---------<br>Total    2049 |
| Act WM9 | Number of weeks per month spent on martial arts during the past year. | 10 | 0 (1916) | | Integer | # Non-missing 133<br>Mean      3.361<br>Median    4.000<br>Minimum   1.000<br>Maximum   4.000 |
| Act DW9 | Number of days per week spent on martial arts during the past year. | 10 | 0 (1917) | | Integer | # Non-missing 132<br>Mean      3.182<br>Median    3.000<br>Minimum   1.000<br>Maximum   7.000 |
| Act MD9 | Number of minutes per day spent on martial arts during the past year. | 10 | 0 (1921) | | Integer | # Non-missing 128<br>Mean    104.219<br>Median   90.000<br>Minimum   5.000<br>Maximum 360.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF9 | Level of effort exerted when doing martial arts. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1917) | | Integer | # non-missing 132<br>Mean 3.652<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN9 | Total number of minutes per week spent on martial arts during the past year. | 10 | 0 (1939) | Act TM AC9*Act WM9*Act DW9*Act MD9)/52 | Real | # Non-missing 110<br>Mean 182.091<br>Median 73.846<br>Minimum .577<br>Maximum 1938.462 |
| Act AC10 | Did wrestling or boxing as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 181<br>2 1868<br>-------<br>Total 2049 |
| Act TM AC10 | Total number of months of wrestling or boxing during the past year. | 10 | 0 (1905) | | Integer | # Non-missing 144<br>Mean 4.646<br>Median 3.000<br>Minimum 1.000<br>Maximum 13.000 |

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Fort Jackson 88 Questionnaire Part 2 (Activity History)
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| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC10 | Last month of wrestling or boxing.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1906) | | Integer | Value Frequency<br>1   45<br>2   11<br>3   8<br>4   11<br>5   6<br>6   5<br>7   16<br>8   12<br>9   11<br>10   4<br>11   3<br>12   11<br>0   1906<br>----------<br>Total  2049 |
| Act WM10 | Number of weeks per month spent on wrestling or boxing during the past year. | 10 | 0 (1895) | | Integer | # Non-missing 154<br>Mean  2.812<br>Median  3.000<br>Minimum  1.000<br>Maximum  4.000 |
| Act DW10 | Number of days per week spent on wrestling or boxing during the past year. | 10 | 0 (1895) | | Integer | # Non-missing 154<br>Mean  3.468<br>Median  3.000<br>Minimum  1.000<br>Maximum  7.000 |
| Act MD10 | Number of minutes per day spent on wrestling or boxing during the past year. | 10 | 0 (1900) | | Integer | # Non-missing 149<br>Mean  93.020<br>Median  60.000<br>Minimum  5.000<br>Maximum  360.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF10 | Level of effort exerted when wrestling or boxing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1898) | | Integer | # Non-missing 151<br>Mean 3.801<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN10 | Total number of minutes per week spent on wrestling or boxing during the past year. | 10 | 0 (1927) | Act TM AC10*Act WM10*Act DW10*Act MD10)/52 | Real | # Non-missing 120<br>Mean 165.276<br>Median 44.712<br>Minimum .192<br>Maximum 1938.462 |
| Act AC11 | Did tennis or raquetball as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 437<br>2 1612<br>-----<br>Total 2049 |
| Act TM AC11 | Total number of months of tennis or raquetball during the past year. | 10 | 0 (1681) | | Integer | # Non-missing 368<br>Mean 4.446<br>Median 3.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC11 | Last month of tennis or raquetball.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1681) | | Integer | Value Frequency<br>1 51<br>2 10<br>3 10<br>4 15<br>5 26<br>6 31<br>7 48<br>8 86<br>9 59<br>10 7<br>11 5<br>12 20<br>0 1681<br>--------<br>Total 2049 |
| Act WM11 | Number of weeks per month spent on tennis or raquetball during the past year. | 10 | 0 (1662) | | Integer | # Non-missing 387<br>Mean 2.522<br>Median 2.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW11 | Number of days per week spent on tennis or raquetball during the past year. | 10 | 0 (1662) | | Integer | # Non-missing 387<br>Mean 2.496<br>Median 2.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD11 | Number of minutes per day spent on tennis or raquetball during the past year. | 10 | 0 (1673) | | Integer | # Non-missing 376<br>Mean 82.806<br>Median 60.000<br>Minimum 4.000<br>Maximum 600.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF11 | Level of effort exerted when playing tennis or raquetball. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1675) | | Integer | # Non-missing 374 <br> Mean 3.329 <br> Median 3.000 <br> Minimum 1.000 <br> Maximum 5.000 |
| Act TMIN11 | Total number of minutes per week spent on tennis or raquetball during the past year. | 10 | 0 (1712) | Act TM AC11*Act WM11*Act DW11*Act MD11)/52 | Real | # Non-missing 337 <br> Mean 72.089 <br> Median 20.769 <br> Minimum .577 <br> Maximum 1680.000 |
| Act AC12 | Did basketball as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency <br> 1 851 <br> 2 1198 <br> ------ <br> Total 2049 |
| Act TM AC12 | Total number of months of basketball during the past year. | 10 | 0 (1364) | | Integer | # Non-missing 685 <br> Mean 6.072 <br> Median 5.000 <br> Minimum 1.000 <br> Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC12 | Last month of basketball.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1363) | | Integer | Value Frequency<br>1  214<br>2  14<br>3  18<br>4  25<br>5  32<br>6  39<br>7  59<br>8  103<br>9  101<br>10  23<br>11  12<br>12  46<br>0  1363<br>--------<br>Total  2049 |
| Act WM12 | Number of weeks per month spent on basketball during the past year. | 10 | 0 (1317) | | Integer | # Non-missing 732<br>Mean  3.074<br>Median  4.000<br>Minimum  1.000<br>Maximum  5.000 |
| Act DW12 | Number of days per week spent on basketball during the past year. | 10 | 0 (1312) | | Integer | # Non-missing 737<br>Mean  3.358<br>Median  3.000<br>Minimum  1.000<br>Maximum  7.000 |
| Act MD12 | Number of minutes per day spent on basketball during the past year. | 10 | 0 (1327) | | Integer | # Non-missing 722<br>Mean  105.195<br>Median  90.000<br>Minimum  5.000<br>Maximum  600.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF12 | Level of effort exerted when playing basketball. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1346) | | Integer | # Non-missing 703<br>Mean 3.562<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN12 | Total number of minutes per week spent on basketball during the past year. | 10 | 0 (1433) | Act TM AC12*Act WM12*Act DW12*Act MD12)/52 | Real | # Non-missing 616<br>Mean 181.971<br>Median 69.231<br>Minimum .192<br>Maximum 2520.000 |
| Act AC13 | Did football or rugby as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 485<br>2 1564<br>------<br>Total 2049 |
| Act TM AC13 | Total number of months of football or rugby during the past year. | 10 | 0 (1691) | | Integer | # Non-missing 358<br>Mean 4.419<br>Median 4.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC13 | Last month of football or rugby.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1692) | | Integer | Value Frequency<br>1    80<br>2    10<br>3     8<br>4    12<br>5     5<br>6    14<br>7    31<br>8    38<br>9    36<br>10    27<br>11    55<br>12    41<br>0  1692<br>-------<br>Total  2049 |
| Act WM13 | Number of weeks per month spent on football or rugby during the past year. | 10 | 0 (1660) | | Integer | # Non-missing 389<br>Mean       2.820<br>Median     3.000<br>Minimum    1.000<br>Maximum    4.000 |
| Act DW13 | Number of days per week spent on football or rugby during the past year. | 10 | 0 (1656) | | Integer | # Non-missing 393<br>Mean       2.906<br>Median     2.000<br>Minimum    1.000<br>Maximum    7.000 |
| Act MD13 | Number of minutes per day spent on football or rugby during the past year. | 10 | 0 (1664) | | Integer | # Non-missing 385<br>Mean     122.132<br>Median   120.000<br>Minimum    5.000<br>Maximum  480.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF13 | Level of effort exerted when playing football or rugby. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1668) | | Integer | # Non-missing 381<br>Mean 3.711<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN13 | Total number of minutes per week spent on football or rugby during the past year. | 10 | 0 (1740) | Act TM AC13*Act WM13*Act DW13*Act MD13)/52 | Real | # Non-missing 309<br>Mean 117.321<br>Median 48.462<br>Minimum .288<br>Maximum 969.231 |
| Act AC14 | Did soccer or field hockey as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 159<br>2 1890<br>------<br>Total 2049 |
| Act TM AC14 | Total number of months of soccer or field hockey during the past year. | 10 | 0 (1933) | | Integer | # Non-missing 116<br>Mean 4.319<br>Median 3.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC14 | Last month of soccer or field hockey.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1933) | | Integer | Value Frequency<br>1 24<br>2 2<br>3 7<br>4 6<br>5 16<br>6 3<br>7 14<br>8 16<br>9 8<br>10 5<br>11 8<br>12 7<br>0 1933<br>--------<br>Total 2049 |
| Act WM14 | Number of weeks per month spent on soccer or field hockey during the past year. | 10 | 0 (1929) | | Integer | # Non-missing 120<br>Mean 3.017<br>Median 4.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW14 | Number of days per week spent on soccer or field hockey during the past year. | 10 | 0 (1925) | | Integer | # Non-missing 124<br>Mean 3.016<br>Median 3.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD14 | Number of minutes per day spent on soccer or field hockey during the past year. | 10 | 0 (1929) | | Integer | # Non-missing 120<br>Mean 113.867<br>Median 120.000<br>Minimum 25.000<br>Maximum 600.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF14 | Level of effort exerted when playing soccer or field hockey.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (1930) | | Integer | # Non-missing 119<br>Mean 3.681<br>Median 4.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN14 | Total number of minutes per week spent on rowing during the past year. | 10 | 0 (1948) | Act TM AC14*Act WM14*Act DW14*Act MD14)/52 | Real | # Non-missing 101<br>Mean 148.228<br>Median 41.538<br>Minimum .577<br>Maximum 1680.000 |
| Act AC15 | Did rowing as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 86<br>2 1963<br>-----<br>Total 2049 |
| Act TM AC15 | Total number of months of rowing during the past year. | 10 | 0 (1982) | | Integer | # Non-missing 66<br>Mean 3.687<br>Median 2.500<br>Minimum 1.000<br>Maximum 13.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC15 | Last month of rowing.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1982) | | Integer | Value Frequency<br>1  8<br>3  2<br>4  2<br>5  3<br>6  12<br>7  10<br>8  18<br>9  7<br>10  3<br>11  2<br>0  1982<br>------<br>Total  2049 |
| Act WM15 | Number of weeks per month spent on rowing during the past year. | 10 | 0 (1979) | | Integer | # Non-missing 70<br>Mean  2.071<br>Median  2.000<br>Minimum  1.000<br>Maximum  4.000 |
| Act DW15 | Number of days per week spent on rowing during the past year. | 10 | 0 (1980) | | Integer | # Non-missing 69<br>Mean  2.551<br>Median  2.000<br>Minimum  1.000<br>Maximum  7.000 |
| Act MD15 | Number of minutes per day spent on rowing during the past year. | 10 | 0 (1984) | | Integer | # Non-missing 65<br>Mean  83.308<br>Median  60.000<br>Minimum  5.000<br>Maximum  420.000 |
| Act EF15 | Level of effort exerted when rowing.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (1981) | | Integer | # Non-missing 68<br>Mean  3.147<br>Median  3.000<br>Minimum  1.000<br>Maximum  5.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act TMIN15 | Total number of minutes per week spent on rowing during the past year. | 10 | 0 (1991) | Act TM AC15*Act WM15*Act DW15*Act MD15)/52 | Real | # Non-missing 58<br>Mean 47.608<br>Median 9.808<br>Minimum .577<br>Maximum 840.000 |
| Act AC16 | Did canoeing as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 156<br>2 1893<br>------<br>Total 2049 |
| Act TM AC16 | Total number of months of canoeing during the past year. | 10 | 0 (1921) | | Integer | # Non-missing 128<br>Mean 2.492<br>Median 2.000<br>Minimum 1.000<br>Maximum 12.000 |
| Act LM AC16 | Last month of canoeing.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1921) | | Integer | Value Frequency<br>1 5<br>2 1<br>4 5<br>5 9<br>6 18<br>7 30<br>8 43<br>9 6<br>10 5<br>11 5<br>12 1<br>0 1921<br>------<br>Total 2049 |
| Act WM16 | Number of weeks per month spent on canoeing during the past year. | 10 | 0 (1924) | | Integer | # Non-missing 125<br>Mean 1.712<br>Median 1.000<br>Minimum 1.000<br>Maximum 4.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act DW16 | Number of days per week spent on canoeing during the past year. | 10 | 0 (1921) | | Integer | # Non-missing 128<br>Mean 1.977<br>Median 2.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD16 | Number of minutes per day spent on canoeing during the past year. | 10 | 0 (1927) | | Integer | # Non-missing 122<br>Mean 202.131<br>Median 150.000<br>Minimum 4.000<br>Maximum 720.000 |
| Act EF16 | Level of effort exerted when canoeing.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (1927) | | Integer | # Non-missing 122<br>Mean 2.680<br>Median 3.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN16 | Total number of minutes per week spent on canoeing during the past year. | 10 | 0 (1933) | Act TM AC16*Act WM16*Act DW16*Act MD16)/52 | Real | # Non-missing 108<br>Mean 35.042<br>Median 13.846<br>Minimum .077<br>Maximum 276.923 |
| Act AC17 | Did down hill skiing as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 170<br>2 1879<br>------<br>Total 2049 |
| Act TM AC17 | Total number of months of down hill skiing during the past year. | 10 | 0 (1896) | | Integer | # Non-missing 153<br>Mean 2.935<br>Median 3.000<br>Minimum 1.000<br>Maximum 12.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC17 | Last month of down hill skiing. 1=January 1987/1988 2=February 1987 3=March 1987 4=April 1987 5=May 1987 6=June 1987 7=July 1987 8=August 1987 9=September 1987 10=October 1987 11=November 1987 12=December 1987 | 10 | 0 (1897) | | Integer | Value  Frequency<br>1  73<br>2  23<br>3  11<br>4  8<br>5  1<br>6  2<br>8  1<br>10  2<br>11  1<br>12  30<br>0  1897<br>------<br>Total  2049 |
| Act WM17 | Number of weeks per month spent on down hill skiing during the past year. | 10 | 0 (1901) | | Integer | # Non-missing 148<br>Mean  1.939<br>Median  2.000<br>Minimum  1.000<br>Maximum  4.000 |
| Act DW17 | Number of days per week spent on down hill skiing during the past year. | 10 | 0 (1899) | | Integer | # Non-missing 150<br>Mean  2.247<br>Median  2.000<br>Minimum  1.000<br>Maximum  7.000 |
| Act MD17 | Number of minutes per day spent on down hill skiing during the past year. | 10 | 0 (1909) | | Integer | # Non-missing 140<br>Mean  298.107<br>Median  300.000<br>Minimum  12.000<br>Maximum  800.000 |
| Act EF17 | Level of effort exerted when down hill skiing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1901) | | Integer | # Non-missing 148<br>Mean  3.155<br>Median  3.000<br>Minimum  1.000<br>Maximum  5.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act TMIN17 | Total number of minutes per week spent on down hill skiing during the past year. | 10 | 0 (1917) | Act TM AC17*Act WM17*Act DW17*Act MD17)/52 | Real | # Non-missing 134<br>Mean 88.289<br>Median 37.692<br>Minimum .577<br>Maximum 678.462 |
| Act AC18 | Did cross country skiing as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 50<br>2 1999<br>-----<br>Total 2049 |
| Act TM AC18 | Total number of months of cross country skiing during the past year. | 10 | 0 (2008) | | Integer | # Non-missing 41<br>Mean 2.927<br>Median 3.000<br>Minimum 1.000<br>Maximum 8.000 |
| Act LM AC18 | Last month of cross country skiing.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (2008) | | Integer | Value Frequency<br>1 21<br>2 3<br>3 6<br>4 1<br>5 1<br>6 2<br>7 1<br>8 1<br>12 5<br>0 2008<br>-----<br>Total 2049 |
| Act WM18 | Number of weeks per month spent on cross country skiing during the past year. | 10 | 0 (2008) | | Integer | # Non-missing 41<br>Mean 2.341<br>Median 2.000<br>Minimum 1.000<br>Maximum 4.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act DW18 | Number of days per week spent cross country skiing during the past year. | 10 | 0 (2006) | | Integer | # Non-missing 43<br>Mean 2.163<br>Median 2.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD18 | Number of minutes per day spent on cross country skiing during the past year. | 10 | 0 (2008) | | Integer | # Non-missing 41<br>Mean 128.098<br>Median 120.000<br>Minimum 10.000<br>Maximum 360.000 |
| Act EF18 | Level of effort exerted when cross country skiing.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (2006) | | Integer | # Non-missing 43<br>Mean 3.488<br>Median 3.000<br>Minimum 2.000<br>Maximum 5.000 |
| Act TMIN18 | Total number of minutes per week spent on cross country skiing during the past year. | 10 | 0 (2015) | Act TM AC18*Act WM18*Act DW18*Act MD18)/52 | Real | # Non-missing 34<br>Mean 41.137<br>Median 18.462<br>Minimum .577<br>Maximum 387.692 |
| Act AC19 | Did water skiing as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1 276<br>2 1773<br>------<br>Total 2049 |
| Act TM AC19 | Total number of months of water skiing during the past year. | 10 | 0 (1807) | | Integer | # Non-missing 242<br>Mean 3.132<br>Median 3.000<br>Minimum 1.000<br>Maximum 13.000 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC19 | Last month of water skiing.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1807) | | Integer | Value Frequency<br>1   2<br>2   2<br>3   1<br>4   1<br>5   5<br>6   15<br>7   53<br>8   111<br>9   43<br>10   6<br>11   1<br>12   2<br>0   1807<br>--------<br>Total   2049 |
| Act WM19 | Number of weeks per month spent water skiing during the past year. | 10 | 0 (1809) | | Integer | # Non-missing 240<br>Mean   2.275<br>Median   2.000<br>Minimum   1.000<br>Maximum   4.000 |
| Act DW19 | Number of days per week spent water skiing during the past year. | 10 | 0 (1812) | | Integer | # Non-missing 237<br>Mean   2.063<br>Median   2.000<br>Minimum   1.000<br>Maximum   7.000 |
| Act MD19 | Number of minutes per day spent water skiing during the past year. | 10 | 0 (1819) | | Integer | # Non-missing 230<br>Mean   128.048<br>Median   90.000<br>Minimum   5.000<br>Maximum   600.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act EF19 | Level of effort exerted when water skiing. 1=Very Easy 2=Easy 3=Moderate 4=Hard 5=Very Hard | 10 | 0 (1818) | | Integer | # Non-missing 231 Mean 2.996 Median 3.000 Minimum 1.000 Maximum 5.000 |
| Act TMIN19 | Total number of minutes per week spent on water skiing during the past year. | 10 | 0 (1839) | Act TM AC19*Act WM19*Act DW19*Act MD19 | Real | # Non-missing 210 Mean 58.770 Median 15.577 Minimum 0.096 Maximum 1329.231 |
| Act AC20 | Did swimming as a fitness activity during the past year? 1=yes 2=no | 10 | 0 (0) | | Integer | Value Frequency 1 1052 2 997 --------- Total 2049 |
| Act TM AC20 | Total number of months of swimming during the past year. | 10 | 0 (1154) | | Integer | # Non-missing 895 Mean 3.925 Median 3.000 Minimum 1.000 Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| Act LM AC20 | Last month of swimming.<br>1=January 1987/1988<br>2=February 1987<br>3=March 1987<br>4=April 1987<br>5=May 1987<br>6=June 1987<br>7=July 1987<br>8=August 1987<br>9=September 1987<br>10=October 1987<br>11=November 1987<br>12=December 1987 | 10 | 0 (1154) | | Integer | Value Frequency<br>1 58<br>2 6<br>3 10<br>4 10<br>5 20<br>6 45<br>7 168<br>8 396<br>9 140<br>10 13<br>11 9<br>12 20<br>0 1154<br>------<br>Total 2049 |
| Act WM20 | Number of weeks per month spent swimming during the past year. | 10 | 0 (1134) | | Integer | # Non-missing 915<br>Mean 2.846<br>Median 3.000<br>Minimum 1.000<br>Maximum 4.000 |
| Act DW20 | Number of days per week spent swimming during the past year. | 10 | 0 (1127) | | Integer | # Non-missing 922<br>Mean 2.990<br>Median 3.000<br>Minimum 1.000<br>Maximum 7.000 |
| Act MD20 | Number of minutes per day spent swimming during the past year. | 10 | 0 (1154) | | Integer | # Non-missing 895<br>Mean 92.282<br>Median 60.000<br>Minimum 4.000<br>Maximum 840.000 |

Fort Jackson 88 Questionnaire Part 2 (Activity History)
4D Filename - FJ Activ Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|------------|-------------|---------|----------------|-------------|--------|-----------|
| Act EF20 | Level of effort exerted when swimming.<br>1=Very Easy<br>2=Easy<br>3=Moderate<br>4=Hard<br>5=Very Hard | 10 | 0 (1156) | | Integer | # Non-missing 893<br>Mean 2.777<br>Median 3.000<br>Minimum 1.000<br>Maximum 5.000 |
| Act TMIN20 | Total number of minutes per week spent on swimming during the past year. | 10 | 0 (1241) | Act TM AC20*Act WM20*Act DW20*Act MD20 | Real | # Non-missing 808<br>Mean 84.530<br>Median 27.692<br>Minimum .288<br>Maximum 2160.000 |
| Act AC21 | Did volleyball as a fitness activity during the past year?<br>1=yes<br>2=no | 10 | 0 (0) | | Integer | Value Frequency<br>1  619<br>2  1430<br>-----<br>Total  2049 |
| Act TM AC21 | Total number of months of volleyball during the past year. | 10 | 0 (1583) | | Integer | # Non-missing 466<br>Mean 4.013<br>Median 3.000<br>Minimum 1.000<br>Maximum 13.000 |

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH Sub Num | Subject Number, Unique | | | Alpha10 (88J####) | |
| HH Unit | Basic Training Unit | | (8) | Alpha4 | Value Frequency<br>A134 99<br>A213 211<br>B128 143<br>B134 217<br>B213 177<br>B315 2<br>B334 6<br>BPRO 53<br>C134 227<br>C213 55<br>CPRO 63<br>D134 206<br>D213 232<br>D334 49<br>E213 210<br>PROT 1<br>UNKN 14<br>Total 2049 |
| HH Acc Num | Entered as 1 for everyone | | | Integer | Value Frequency<br>1 2049<br>Total 2049 |
| HH LW | Have you ever suffered an injury on accident that caused you to stay home from school or work for one week or more?<br>1=yes<br>2=no | 11 | 0 (0) | Integer | Value Frequency<br>1 371<br>2 1678<br>Total 2049 |
| HH LW INJ Type | Name of most recent injury that caused loss of work or school. | 11 | | Alpha20 | |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH LW YR | Year of injury that caused loss of school or work. | 11 | 0 (1685) | Integer | # Non-missing 364<br>Mean 84.629<br>Median 86.000<br>Minimum 66.000<br>Maximum 88.000 |
| HH EI | Have you ever had an exercise or sports injury that caused you to decrease or quit practicing for 1 week or more?<br>1=yes<br>2=no | 12 | 0 (0) | Integer | Value Frequency<br>1 521<br>2 1528<br>------<br>Total 2049 |
| HH EI Inj | Name of most recent exercise injury. | 12 | | Alpha20 | |
| HH EI Yr | Year of exercise injury. | 12 | 0 (1550) | Integer | # Non-missing 499<br>Mean 85.321<br>Median 86.000<br>Minimum 67.000<br>Maximum 88.000 |
| HH SURG | Have you ever had an injury or accident that required surgery to repair the damage?<br>1=yes<br>2=no | 13 | 0 (0) | Integer | Value Frequency<br>1 447<br>2 1602<br>------<br>Total 2049 |
| HH SURG INJ Typ | Name of most recent injury that required surgery. | 13 | | Alpha20 | |
| HH SRG Yr | Year of injury that required surgery. | 13 | 0 (1665) | Integer | # Non-missing 384<br>Mean 82.737<br>Median 84.000<br>Minimum 67.000<br>Maximum 88.000 |
| HH HOSP | Have you ever had an injury that caused you to be in the hospital overnight?<br>1=yes<br>2=no | 14 | 0 (0) | Integer | Value Frequency<br>1 287<br>2 1762<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH HOSP INJ Typ | Name of Injury that caused hospitalization. | 14 | | Alpha20 | |
| HH HS Inj Yr | Year of most recent injury requiring hospitalization. | 14 | 0 (1781) | Integer | # Non-missing 268<br>Mean 81.534<br>Median 83.000<br>Minimum 65.000<br>Maximum 88.000 |
| HH HEAD | Have you ever had an injury to the head that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 246<br>2 1803<br>------<br>Total 2049 |
| HH INJ Name1 | Name of head injury. | 15 | | Alpha20 | |
| HH YR1 | Year of head injury. | 15 | 0 (1825) | Integer | # Non-missing 224<br>Mean 81.534<br>Median 83.000<br>Minimum 65.000<br>Maximum 88.000 |
| HH RCV1 | Number of Days taken to recover from head injury. | 15 | 0 (1823) | Integer | # Non-missing 226<br>Mean 10.420<br>Median 7.000<br>Minimum 1.000<br>Maximum 180.000 |
| HH MD1 | Received medical help for head injury (in an emergency room, a doctor's office, a physical therapist, etc.)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 218<br>2 1824<br>0 7<br>------<br>Total 2049 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH NECK | Have you ever had an injury to the neck that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1    64<br>2  1985<br>-----<br>Total  2049 |
| HH INJ NAME2 | Name of neck injury. | 15 | | Alpha20 | |
| HH YR2 | Year of neck injury. | 15 | 0 (1991) | Integer | # Non-missing 58<br>Mean     83.983<br>Median   86.000<br>Minimum  67.000<br>Maximum  88.000 |
| HH RCV2 | Number of Days taken to recover from neck injury. | 15 | 0 (1989) | Integer | # Non-missing 60<br>Mean     33.717<br>Median   10.000<br>Minimum   1.000<br>Maximum 180.000 |
| HH MD2 | Received medical help for neck injury (in an emergency room, a doctor's office, a physical therapist, etc.)? 1=yes 2=no | 15 | 0 (7) | Integer | Value Frequency<br>1    48<br>2  1994<br>0     7<br>-----<br>Total  2049 |
| HH SHLDR | Have you ever had an injury to the shoulder that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1   137<br>2  1912<br>-----<br>Total  2049 |
| HH INJ NAME3 | Name of shoulder injury. | 15 | | Alpha20 | |
| HH YR3 | Year of shoulder injury. | 15 | 0 (1940) | Integer | # Non-missing 109<br>Mean     83.248<br>Median   85.000<br>Minimum  70.000<br>Maximum  88.000 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH RCV3 | Number of Days taken to recover from shoulder injury. | 15 | 0 (1932) | Integer | # Non-missing 117<br>Mean 29.333<br>Median 14.000<br>Minimum 1.000<br>Maximum 180.000 |
| HH MD3 | Received medical help for shoulder injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 98<br>2 1944<br>0 7<br>-----<br>Total 2049 |
| HH UP ARM | Have you ever had an injury to the upper arm that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 74<br>2 1975<br>-----<br>Total 2049 |
| HH INJ NAME4 | Name of upper arm injury. | 15 | | Alpha20 | |
| HH YR4 | Year of upper arm injury. | 15 | 0 (1986) | Integer | # Non-missing 63<br>Mean 82.635<br>Median 84.000<br>Minimum 65.000<br>Maximum 88.000 |
| HH RCV4 | Number of Days taken to recover from upper arm injury. | 15 | 0 (1979) | Integer | # Non-missing 70<br>Mean 37.129<br>Median 21.000<br>Minimum 1.000<br>Maximum 180.000 |
| HH MD4 | Received medical help for upper arm injury (in an emergency room, a doctor's office, physical therapist, etc.)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 51<br>2 1991<br>0 7<br>-----<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH L ARM | Have you ever had an injury to the lower arm that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1   200<br>2   1849<br>------<br>Total   2049 |
| HH INJ NAME5 | Name of lower arm injury. | 15 | | Alpha20 | |
| HH YR5 | Year of lower arm injury. | 15 | 0 (1878) | Integer | # Non-missing 171<br>Mean   81.094<br>Median   82.000<br>Minimum   65.000<br>Maximum   88.000 |
| HH RCV5 | Number of Days taken to recover from lower arm injury. | 15 | 0 (1864) | Integer | # Non-missing 185<br>Mean   39.703<br>Median   42.000<br>Minimum   2.000<br>Maximum   240.000 |
| HH MD5 | Received medical help for lower arm injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no | 15 | 0 (7) | Integer | Value Frequency<br>1   168<br>2   1874<br>0   7<br>------<br>Total   2049 |
| HH HAND | Have you ever had an injury to the hand that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1   334<br>2   1715<br>------<br>Total   2049 |
| HH INJ NAME6 | Name of hand injury. | 15 | | Alpha20 | |
| HH YR6 | Year of hand injury. | 15 | 0 (1759) | Integer | # Non-missing 290<br>Mean   83.859<br>Median   86.000<br>Minimum   1.000<br>Maximum   88.000 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH RCV6 | Number of Days taken to recover from shoulder injury. | 15 | 0 (1744) | Integer | # Non-missing 305<br>Mean 26.151<br>Median 15.000<br>Minimum 1.000<br>Maximum 180.000 |
| HH MD6 | Received medical help for shoulder injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (6) | Integer | Value Frequency<br>1 261<br>2 1782<br>0 6<br>------<br>Total 2049 |
| HH CHEST | Have you ever had an injury to the chest that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 36<br>2 2013<br>------<br>Total 2049 |
| HH INJ NAME7 | Name of chest injury. | 15 | | Alpha20 | |
| HH YR7 | Year of chest injury. | 15 | 0 (2019) | Integer | # Non-missing 30<br>Mean 84.833<br>Median 86.000<br>Minimum 63.000<br>Maximum 88.000 |
| HH RCV7 | Number of Days taken to recover from chest injury. | 15 | 0 (2016) | Integer | # Non-missing 33<br>Mean 13.303<br>Median 7.000<br>Minimum 2.000<br>Maximum 90.000 |
| HH MD7 | Received medical help for chest injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 22<br>2 2020<br>0 7<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH UBACK | Have you ever had an injury to the upper back that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1    38<br>2    2011<br>-----<br>Total    2049 |
| HH INJ NAME8 | Name of upper back injury. | 15 | | Alpha20 | |
| HH YR8 | Year of upper back injury. | 15 | 0 (2013) | Integer | # Non-missing 36<br>Mean    85.417<br>Median    87.000<br>Minimum    74.000<br>Maximum    88.000 |
| HH RCV8 | Number of Days taken to recover from upper back injury. | 15 | 0 (2013) | Integer | # Non-missing 36<br>Mean    37.833<br>Median    19.500<br>Minimum    3.000<br>Maximum    180.000 |
| HH MD8 | Received medical help for upper back injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1    29<br>2    2013<br>0    7<br>-----<br>Total    2049 |
| HH LBACK | Have you ever had an injury to the lower back that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1    112<br>2    1937<br>-----<br>Total    2049 |
| HH INJ NAME9 | Name of lower back injury. | 15 | | Alpha20 | |
| HH YR9 | Year of lower back injury. | 15 | 0 (1952) | Integer | # Non-missing 97<br>Mean    85.928<br>Median.    87.000<br>Minimum    68.000<br>Maximum    88.000 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH RCV9 | Number of Days taken to recover from lower back injury. | 15 | 0 (1946) | Integer | # Non-missing 103<br>Mean 23.039<br>Median 7.000<br>Minimum 1.000<br>Maximum 120.000 |
| HH MD9 | Received medical help for lower back injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 74<br>2 1968<br>0 7<br>------<br>Total 2049 |
| HH STOMACH | Have you ever had an injury to the stomach that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 44<br>2 2005<br>------<br>Total 2049 |
| HH INJ NAME10 | Name of stomach injury. | 15 | | Alpha20 | |
| HH YR10 | Year of stomach injury. | 15 | 0 (2008) | Integer | # Non-missing 41<br>Mean 83.829<br>Median 86.000<br>Minimum 67.000<br>Maximum 88.000 |
| HH RCV10 | Number of Days taken to recover from stomach injury. | 15 | 0 (2008) | Integer | # Non-missing 41<br>Mean 24.220<br>Median 14.000<br>Minimum 3.000<br>Maximum 99.000 |
| HH MD10 | Received medical help for stomach injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (6) | Integer | Value Frequency<br>1 38<br>2 2005<br>0 6<br>------<br>Total 2049 |

| Field Name | Description | Question # | # Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH HIP | Have you ever had an injury to the hip that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 29<br>2 2020<br>------<br>Total 2049 |
| HH INJ NAME11 | Name of hip injury. | 15 | | Alpha20 | |
| HH YR11 | Year of hip injury. | 15 | 0 (2020) | Integer | # Non-missing 29<br>Mean 83.276<br>Median 85.000<br>Minimum 65.000<br>Maximum 88.000 |
| HH RCV11 | Number of Days taken to recover from hip injury. | 15 | 0 (2020) | Integer | # Non-missing 29<br>Mean 36.690<br>Median 14.000<br>Minimum 2.000<br>Maximum 150.000 |
| HH MD11 | Received medical help for hip injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 24<br>2 2018<br>0 7<br>------<br>Total 2049 |
| HH THIGH | Have you ever had an injury to the thigh that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 80<br>2 1969<br>------<br>Total 2049 |
| HH INJ NAME12 | Name of thigh injury. | 15 | | Alpha20 | |
| HH YR12 | Year of thigh injury. | 15 | 0 (1981) | Integer | # Non-missing 68<br>Mean 84.015<br>Median 86.000<br>Minimum 70.000<br>Maximum 88.000 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH RCV12 | Number of Days taken to recover from thigh injury. | 15 | 0 (1978) | Integer | # Non-missing 71<br>Mean 27.606<br>Median 14.000<br>Minimum 2.000<br>Maximum 150.000 |
| HH MD12 | Received medical help for thigh injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no | 15 | 0 (7) | Integer | Value Frequency<br>1 50<br>2 1992<br>0 7<br>------<br>Total 2049 |
| HH KNEE | Have you ever had an injury to the knee that caused you to alter daily activities or miss school or work for several days? 1=yes 2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 245<br>2 1804<br>------<br>Total 2049 |
| HH INJ NAME13 | Name of knee injury. | 15 | | Alpha20 | |
| HH YR13 | Year of knee injury. | 15 | 0 (1839) | Integer | # Non-missing 210<br>Mean 84.138<br>Median 85.000<br>Minimum 69.000<br>Maximum 99.000 |
| HH RCV13 | Number of Days taken to recover from knee injury. | 15 | 0 (1827) | Integer | # Non-missing 222<br>Mean 24.180<br>Median 14.000<br>Minimum 1.000<br>Maximum 99.000 |
| HH MD13 | Received medical help for knee injury (in an emergency room, a doctor's office, physical therapist)? 1=yes 2=no | 15 | 0 (5) | Integer | Value Frequency<br>1 167<br>2 1877<br>0 5<br>------<br>Total 2049 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH CALF | Have you ever had an injury to the calf that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1    72<br>2   1977<br>------<br>Total   2049 |
| HH INJ NAME14 | Name of calf injury. | 15 | | Alpha20 | |
| HH YR14 | Year of calf injury. | 15 | 0 (1986) | Integer | # Non-missing 63<br>Mean      82.270<br>Median    85.000<br>Minimum    2.000<br>Maximum   88.000 |
| HH RCV14 | Number of Days taken to recover from calf injury. | 15 | 0 (1984) | Integer | # Non-missing 65<br>Mean      28.585<br>Median    12.000<br>Minimum    1.000<br>Maximum  120.000 |
| HH MD14 | Received medical help for calf injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (7) | Integer | Value Frequency<br>1    51<br>2   1991<br>0     7<br>------<br>Total   2049 |
| HH ANKLE | Have you ever had an injury to the ankle that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1    387<br>2   1662<br>------<br>Total   2049 |
| HH INJ NAME15 | Name of ankle injury. | 15 | | Alpha20 | |
| HH YR15 | Year of ankle injury. | 15 | 0 (1722) | Integer | # Non-missing 327<br>Mean      84.550<br>Median    86.000<br>Minimum   66.000<br>Maximum   88.000 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH RCV15 | Number of Days taken to recover from ankle injury. | 15 | 0 (1680) | Integer | # Non-missing 369<br>Mean 20.664<br>Median 12.000<br>Minimum 1.000<br>Maximum 99.000 |
| HH MD15 | Received medical help for ankle injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (4) | Integer | Value Frequency<br>1 221<br>2 1824<br>0 4<br>------<br>Total 2049 |
| HH FOOT | Have you ever had an injury to the foot that caused you to alter daily activities or miss school or work for several days?<br>1=yes<br>2=no | 15 | 0 (0) | Integer | Value Frequency<br>1 168<br>2 1881<br>------<br>Total 2049 |
| HH INJ NAME16 | Name of foot injury. | 15 | | Alpha20 | |
| HH YR16 | Year of foot injury. | 15 | 0 (1912) | Integer | # Non-missing 137<br>Mean 83.292<br>Median 85.000<br>Minimum 68.000<br>Maximum 88.000 |
| HH RCV16 | Number of Days taken to recover from foot injury. | 15 | 0 (1889) | Integer | # Non-missing 160<br>Mean 26.981<br>Median 14.000<br>Minimum 1.000<br>Maximum 99.000 |
| HH MD16 | Received medical help for foot injury (in an emergency room, a doctor's office, physical therapist)?<br>1=yes<br>2=no | 15 | 0 (6) | Integer | Value Frequency<br>1 129<br>2 1914<br>0 6<br>------<br>Total 2049 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH B Inj1 BB | Have you ever had a broken bone injury to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1 108<br>2 1941<br>------<br>Total 2049 |
| HH SD1 | Side of body that the broken bone injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (1944) | Integer | Value Frequency<br>1 55<br>2 42<br>3 7<br>5 1<br>0 1944<br>------<br>Total 2049 |
| HH PRT1 | Part of body on which the broken bone occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (1966) | Integer | Value Frequency<br>2 1<br>3 13<br>4 2<br>5 8<br>6 10<br>7 31<br>8 14<br>9 4<br>0 1966<br>------<br>Total 2049 |
| HH YR1 BL | Year of broken bone injury. | 16 | 0 (1948) | Integer | # Non-missing 101<br>Mean 79.990<br>Median 82.000<br>Minimum 61.000<br>Maximum 88.000 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH SEV1 | Severity of broken bone injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (1941) | Integer | Value Frequency<br>1   3<br>2   14<br>3   91<br>0   1941<br>------<br>Total 2049 |
| HH B Inj2 SFX | Have you ever had a stress fracture injury to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1   37<br>2   2012<br>------<br>Total 2049 |
| HH SD2 | Side of body that stress fracture injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (2014) | Integer | Value Frequency<br>1   16<br>2   12<br>3   7<br>0   2014<br>------<br>Total 2049 |
| HH PRT2 | Part of body on which the stress fracture occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (2017) | Integer | Value Frequency<br>1   1<br>2   1<br>3   2<br>5   3<br>6   3<br>7   13<br>8   9<br>0   2017<br>------<br>Total 2049 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH YR2 BL | Year of stress fracture injury. | 16 | 0 (2017) | Integer | # Non-missing 32<br>Mean 85.094<br>Median 86.500<br>Minimum 77.000<br>Maximum 88.000 |
| HH SEV2 | Severity of stress fracture injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (2013) | Integer | Value Frequency<br>1 3<br>2 12<br>3 21<br>0 2013<br>------<br>Total 2049 |
| HH B Inj3 CART | Have you ever had a torn cartilage injury to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1 34<br>2 2015<br>------<br>Total 2049 |
| HH SD3 | Side of body that torn cartilage injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (2016) | Integer | Value Frequency<br>1 14<br>2 10<br>3 9<br>0 2016<br>------<br>Total 2049 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH PRT3 | Part of body on which the torn cartilage injury occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (2021) | Integer | Value Frequency<br>1   1<br>3   1<br>4   19<br>5   1<br>6   1<br>7   4<br>8   1<br>0   2021<br>------<br>Total   2049 |
| HH YR3 BL | Year of torn cartilage injury. | 16 | 0 (2021) | Integer | # Non-missing 28<br>Mean   85.179<br>Median   87.000<br>Minimum   75.000<br>Maximum   88.000 |
| HH SEV3 | Severity of torn cartilage injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (2016) | Integer | Value Frequency<br>1   2<br>2   5<br>3   26<br>0   2016<br>------<br>Total   2049 |
| HH B Inj4 LIG | Have you ever had a torn ligaments injury to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1   80<br>2   1969<br>------<br>Total   2049 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH SD4 | Side of body that torn ligaments injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (1973) | Integer | Value Frequency<br>1  42<br>2  26<br>3   8<br>0 1973<br>------<br>Total 2049 |
| HH PRT4 | Part of body on which the torn ligaments injury occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (1984) | Integer | Value Frequency<br>1   4<br>2   2<br>3   5<br>4  29<br>6   1<br>7  21<br>8   3<br>0 1984<br>------<br>Total 2049 |
| HH YR4 BL | Year of torn ligaments injury. | 16 | 0 (1979) | Integer | # Non-missing 70<br>Mean   84.986<br>Median 86.000<br>Minimum 68.000<br>Maximum 88.000<br><br>Total 2049 |
| HH SEV4 | Severity of torn ligaments injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (1974) | Integer | Value Frequency<br>1   6<br>2  23<br>3  46<br>0 1974<br>------<br>Total 2049 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH B Inj5 KNEEI | Have you ever had a knee injury (to your back or legs)? <br>1=yes<br>2=no | 16 | 0 (2) | Integer | Value Frequency<br>1   269<br>2   1778<br>0   2<br>------<br>Total   2049 |
| HH SD5 | Side of body that knee injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (1792) | Integer | Value Frequency<br>1   116<br>2   89<br>3   51<br>5   1<br>0   1792<br>------<br>Total   2049 |
| HH PRT5 | Part of body on which the knee injury occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (1792) | Integer | Value Frequency<br>4   256<br>0   1793<br>------<br>Total   2049 |
| HH YR5 BL | Year of knee injury. | 16 | 0 (1801) | Integer | # Non-missing 248<br>Mean   84.161<br>Median   85.000<br>Minimum   60.000<br>Maximum   88.000 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH SEV5 | Severity of knee injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (1791) | Integer | Value Frequency<br>1    41<br>2   104<br>3   113<br>0  1791<br>------<br>Total  2049 |
| HH B Inj6 ASPRN | Have you ever had a sprained ankle injury (to your back or legs)?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1   597<br>2  1452<br>------<br>Total  2049 |
| HH SD6 | Side of body that sprained ankle occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (1476) | Integer | Value Frequency<br>1   249<br>2   151<br>3   173<br>0  1476<br>------<br>Total  2049 |
| HH PRT6 | Part of body on which the sprained ankle occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (1478) | Integer | Value Frequency<br>7   562<br>8     7<br>0  1480<br>------<br>Total  2049 |
| HH YR6 BL | Year of sprained ankle injury. | 16 | 0 (1519) | Integer | # Non-missing 530<br>Mean   84.740<br>Median  86.000<br>Minimum 63.000<br>Maximum 89.000 |

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| Field Name | Description | Question # | Missing Values | Format | Responses | | |
|---|---|---|---|---|---|---|---|
| | | | | | Value | Frequency | |
| HH SEV6 | Severity of sprained ankle.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (1475) | Integer | 1<br>2<br>3<br>0<br>------<br>Total | 159<br>288<br>127<br>1475<br>------<br>2049 | |
| HH B Inj7 OSPRN | Have you ever had an other sprain injury to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | 1<br>2<br>------<br>Total | 58<br>1991<br>------<br>2049 | |
| HH SD7 | Side of body that other sprain injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (2004) | Integer | 1<br>2<br>3<br>4<br>0<br>------<br>Total | 11<br>14<br>19<br>1<br>2004<br>------<br>2049 | |
| HH PRT7 | Part of body on which the other sprain injury occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (2011) | Integer | 1<br>3<br>4<br>6<br>7<br>8<br>9<br>0<br>------<br>Total | 13<br>3<br>8<br>1<br>6<br>5<br>2<br>2011<br>------<br>2049 | |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH YR7 BL | Year of other sprain injury. | 16 | 0 (2002) | Integer | # Non-missing 47<br>Mean 85.957<br>Median 87.000<br>Minimum 73.000<br>Maximum 88.000 |
| HH SEV7 | Severity of other sprain injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (1994) | Integer | Value Frequency<br>1 12<br>2 31<br>3 12<br>0 1994<br>------<br>Total 2049 |
| HH B Inj8 TND | Have you ever had tendonitis to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1 31<br>2 2018<br>------<br>Total 2049 |
| HH SD8 | Side of body that tendonitis occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (2019) | Integer | Value Frequency<br>1 11<br>2 7<br>3 12<br>0 2019<br>------<br>Total 2049 |
| HH PRT8 | Part of body on which the tendonitis occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (2026) | Integer | Value Frequency<br>4 12<br>6 2<br>7 5<br>8 4<br>0 2026<br>------<br>Total 2049 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH YR8 BL | Year of tendonitis. | 16 | 0 (2021) | Integer | # Non-missing 28<br>Mean 84.679<br>Median 86.000<br>Minimum 70.000<br>Maximum 88.000 |
| HH SEV8 | Severity of tendonitis.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (2019) | Integer | Value Frequency<br>1 15<br>2 9<br>3 6<br>0 2019<br>------<br>Total 2049 |
| HH B Inj9 RTND | Have you ever had a ruptured tendon to your back or legs?<br>1=yes<br>2=no | 16 | 0 (0) | Integer | Value Frequency<br>1 8<br>2 2041<br>------<br>Total 2049 |
| HH SD9 | Side of body that the ruptured tendon occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (2041) | Integer | Value Frequency<br>1 6<br>2 1<br>3 1<br>0 2041<br>------<br>Total 2049 |
| HH PRT9 | Part of body on which the ruptured tendon occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (2046) | Integer | Value Frequency<br>4 1<br>7 1<br>8 1<br>0 2046<br>------<br>Total 2049 |

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| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH YR9 BL | Year of the ruptured tendon. | 16 | 0 (2042) | Integer | # Non-missing 7<br>Mean       82.429<br>Median     84.000<br>Minimum    76.000<br>Maximum    87.000 |
| HH SEV9 | Severity of the ruptured tendon.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (2042) | Integer | Value  Frequency<br>1          1<br>2          3<br>3          3<br>0       2042<br>        ------<br>Total   2049 |
| HH B Inj10 MPUL | Have you ever had a muscle pull to your back or legs?<br>1=yes<br>2=no | 16 | 0 (1) | Integer | Value  Frequency<br>1        406<br>2       1642<br>0          1<br>        ------<br>Total   2049 |
| HH SD10 | Side of body that the muscle pull occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (1706) | Integer | Value  Frequency<br>1        128<br>2         58<br>3        153<br>4          2<br>5          2<br>0       1706<br>        ------<br>Total   2049 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH PRT10 | Part of body on which the muscle pull occurred. 1=Back 2=Hip 3=Thigh 4=Knee 5=Calf 6=Shin 7=Ankle 8=Foot 9=Toe | 16 | 0 (1733) | Integer | Value Frequency<br>1 62<br>2 3<br>3 170<br>4 7<br>5 64<br>6 3<br>7 4<br>8 3<br>0 1733<br>-------<br>Total 2049 |
| HH YR10 BL | Year of the muscle pull. | 16 | 0 (1697) | Integer | # Non-missing 352<br>Mean 85.764<br>Median 87.000<br>Minimum 60.000<br>Maximum 88.000 |
| HH SEV10 | Severity of the muscle pull. 1=Mild Injury 2=Moderate Injury 3=Severe Injury | 16 | 0 (1668) | Integer | Value Frequency<br>1 128<br>2 190<br>3 63<br>0 1668<br>-------<br>Total 2049 |
| HH B Inj11 01 | Have you ever had another injury to your back or legs? 1=yes 2=no | 16 | 0 (4) | Integer | Value Frequency<br>1 108<br>2 1937<br>0 4<br>-------<br>Total 2049 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH SD11 | Side of body that the other injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (1959) | Integer | Value Frequency<br>1   30<br>2   24<br>3   35<br>5   1<br>0   1959<br>------<br>Total 2049 |
| HH PRT11 | Part of body on which the other injury occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (1951) | Integer | Value Frequency<br>1   24<br>2   1<br>3   17<br>4   10<br>5   9<br>6   19<br>7   12<br>8   5<br>9   1<br>0   1951<br>------<br>Total 2049 |
| HH YR11 BL | Year of the other injury. | 16 | 0 (1947) | Integer | # Non-missing 102<br>Mean   84.980<br>Median   86.000<br>Minimum   73.000<br>Maximum   88.000 |
| HH SEV11 | Severity of the other injury.<br>1=Mild Injury<br>2=Moderate Injury<br>3=Severe Injury | 16 | 0 (1941) | Integer | Value Frequency<br>1   13<br>2   51<br>3   44<br>0   1941<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH B Injl2 02 | Have you ever had a second other injury to your back or legs?<br>1=yes<br>2=no | 16 | 0 (4) | Integer | Value Frequency<br>1   6<br>2   2039<br>0   4<br>------<br>Total   2049 |
| HH SD12 | Side of body that the second other injury occurred.<br>1=Right<br>2=Left<br>3=Both<br>4=NA<br>5=Unknown | 16 | 0 (2042) | Integer | Value Frequency<br>1   2<br>2   4<br>3   1<br>0   2042<br>------<br>Total   2049 |
| HH PRT12 | Part of body on which the second other injury occurred.<br>1=Back<br>2=Hip<br>3=Thigh<br>4=Knee<br>5=Calf<br>6=Shin<br>7=Ankle<br>8=Foot<br>9=Toe | 16 | 0 (2045) | Integer | Value Frequency<br>3   1<br>4   1<br>6   1<br>7   1<br>0   2045<br>------<br>Total   2049 |
| HH YR12 BL | Year of the second other injury. | 16 | 0 (2044) | Integer | # Non-missing 5<br>Mean   84.800<br>Median   86.000<br>Minimum   80.000<br>Maximum   88.000 |

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH SEV12 | Severity of the second other injury. 1=Mild Injury 2=Moderate Injury 3=Severe Injury | 16 | 0 (2042) | Integer | Value Frequency<br>1 3<br>2 2<br>3 2<br>0 2042<br>------<br>Total 2049 |
| HH SILL | Have you ever had a serious illness or health problem other than an injury? 1=yes 2=no | 17 | 0 (0) | Integer | Value Frequency<br>1 485<br>2 1564<br>------<br>Total 2049 |
| HH ILL TYPE1 | Name of first serious illness. | 17 | | Alpha20 | |
| HH ILL YR1 | Year of first serious illness. | 17 | 0 (1692) | Integer | # Non-missing 357<br>Mean 81.176<br>Median 83.000<br>Minimum 56.000<br>Maximum 88.000 |
| HH ILL TYPE2 | Name of second serious illness. | 17 | | Alpha20 | |
| HH ILL YR2 | Year of second serious illness. | 17 | 0 (1960) | Integer | # Non-missing 89<br>Mean 82.303<br>Median 85.000<br>Minimum 64.000<br>Maximum 88.000 |
| HH FLU | Have you had a cold or flu in the last 2 weeks? 1=yes 2=no | 18 | 0 (0) | Integer | Value Frequency<br>1 547<br>2 1502<br>------<br>Total 2049 |
| HH FEV | Have you had a fever in the last two weeks? 1=yes 2=no | 19 | 0 (0) | Integer | Value Frequency<br>1 224<br>2 1825<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 3 (Health History)
4D Filename - FJ Health H

| Field Name | Description | Question # | Missing Values | Format | Responses |
|---|---|---|---|---|---|
| HH NVD | Have you had nausea with vomiting, and/or diarrhea in the last two weeks? (not associated with drinking) 1=yes 2=no | 20 | 0 (0) | Integer | Value Frequency<br><br>1     274<br>2    1775<br>-------<br>Total   2049 |

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH SUB NUM | Subject Number, Unique | | | | Alpha8 | |
| MH UNIT | Basic Training Unit | | —— (10) | | Alpha6 | Value Frequency<br>A134 99<br>A213 211<br>B128 143<br>B134 217<br>B213 177<br>B315 2<br>B334 6<br>BPRO 53<br>C134 227<br>C213 55<br>CPRO 63<br>D134 206<br>D213 232<br>D334 49<br>E213 210<br>PROT 1<br>UNKN 14<br>--------<br>Total 2049 |
| MH ACC NUM | Entered as 1 for everyone. | | | | Integer | Value Frequency<br>1 2040<br>0 9<br>--------<br>Total 2049 |
| MH REC EX | Over the last month how often did you exercise or play sports for 15 minutes or more? | 21 | —— (1) | | Alpha6 | Value Frequency<br> 1<br>1/WK 262<br>2-3/WK 798<br>< 1/WK 178<br>> 4/WK 626<br>NONE 184<br>--------<br>Total 2049 |

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| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH EX CD | Code for MH REC EX. 1=No exercise or sports in last month. 2=Less than once per week. 3=One time per week. 4=Two or three times per wk. 5=Four or more times per week | 21 | 0 (1) | Case of : (MH REC EX= "NONE") 1 : (MH REC EX= "< 1/WK") 2 : (MH REC EX= "1/WK") 3 : (MH REC EX= "2-3/WK") 4 : (MH REC EX= "> 4/WK") 5 End Case | Integer | Value Frequency<br>1  184<br>2  178<br>3  262<br>4  798<br>5  626<br>0  1<br>------<br>Total  2049 |
| MH J AND R | In the last month how many times did you run and jog more than 15 minutes of actual running time? | 22 | —— (5) | | Alpha6 | Value Frequency<br>5<br>1/WK  333<br>2-3/WK  628<br>< 1/WK  295<br>> 4/WK  266<br>NONE  522<br>------<br>Total  2049 |
| MH J AND R CD | Code for MH J AND R. 1=None, did not run or jog 15 minutes or more in last month. 2=Less than once per week. 3=One time per week. 4=Two or three times per wk. 5=Four or more times per week | 22 | 0 (5) | Case of : (MH J AND R= "NONE") 1 : (MH J AND R= "< 1/WK") 2 : (MH J AND R= "1/WK") 3 : (MH J AND R= "2-3/WK") 4 : (MH J AND R= "> 4/WK") 5 End Case | Integer | Value Frequency<br>1  522<br>2  295<br>3  333<br>4  628<br>5  266<br>0  5<br>------<br>Total  2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH CHNG EX | How often did your level of exercise or sports participation in the last month compare to your usual level of the last year? | 23 | —— (6) | | Alpha6 | Value  Frequency<br><br>         6<br>LESS     433<br>M LESS   386<br>M MORE   178<br>MORE     485<br>SAME     561<br>       ------<br>Total   2049 |
| MH CHNG CD | Code for MH CHNG EX.<br>1=Did much less<br>2=Did less<br>3=Did about same<br>4=Did more<br>5=Did much more | 23 | 0 (6) | Case of<br>: (MH CHNG EX= "M LESS") 1<br>: (MH CHNG EX= "LESS") 2<br>: (MH CHNG EX= "SAME") 3<br>: (MH CHNG EX= "MORE") 4<br>: (MH CHNG EX= "M MORE") 5<br>End Case | Integer | Value  Frequency<br>1     386<br>2     433<br>3     561<br>4     485<br>5     178<br>0       6<br>    ------<br>Total  2049 |
| MH DIST | In the last month, when you ran or jogged, about how far did you normally go (on an average basis)? | 24 | —— (6) | | Alpha6 | Value  Frequency<br><br>        6<br>1 - 3   801<br>1 OR <  619<br>3 - 5   142<br>> 5     31<br>NONE   450<br>    ------<br>Total  2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH DIST CD | Code for MH DIST<br>1=Did not run or jog in last month.<br>2=1 mile or less<br>3=Between 1 & 3 miles<br>4=3 to 5 miles<br>5=More than 5 miles | 24 | 0 (6) | Case of<br>: (MH DIST="NONE")<br>1<br>: (MH DIST="1 OR <")<br>2<br>: (MH DIST="1 - 3")<br>3<br>: (MH DIST="3 - 5")<br>4<br>: (MH DIST="> 5")<br>5<br>End Case | Integer | Value Frequency<br>1  450<br>2  619<br>3  801<br>4  142<br>5  31<br>0  6<br>--------<br>Total  2049 |
| MH TIME | In the last month, when you ran or jogged, about how many minutes did you usually run (on an average basis)? | 25 | — (8) | | Alpha7 | Value Frequency<br>  8<br>10 - 20  672<br>20 - 30  452<br>< 10  236<br>> 30  242<br>NONE  439<br>--------<br>Total  2049 |
| MH TIME CD | Code for MH TIME<br>1=Did not run or jog<br>2=Less than 10 minutes<br>3=10 to 20 minutes<br>4=20 to 30 minutes<br>5=More than 30 minutes | 25 | 0 (8) | Case of<br>: (MH TIME="NONE")<br>1<br>: (MH TIME="< 10")<br>2<br>: (MH TIME="10 - 20")<br>3<br>: (MH TIME="20 - 30")<br>4<br>: (MH TIME="> 30")<br>5<br>End Case | Integer | Value Frequency<br>1  439<br>2  236<br>3  672<br>4  452<br>5  242<br>0  8<br>--------<br>Total  2049 |

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH STR | Was stretching a regular part of your exercise program? | 26 | —— (6) | | Alpha6 | Value Frequency<br>1/2   6<br>< 1/2   325<br>> 1/2   475<br>ALWAYS   179<br>NO EXE   551<br>NO STR   248<br>    265<br>————<br>Total   2049 |
| MH STR CD | Code for MH STR<br>1=Don't exercise<br>2=No; I exercise but I don't stretch<br>3=Less than 1/2 the time<br>4=About 1/2 the time<br>5=More than 1/2 the time<br>6=Always | 26 | 0 (7) | Case of<br>: (MH STR="NO EXE")<br>1<br>: (MH STR="NO STR")<br>2<br>: (MH STR="< 1/2")<br>3<br>: (MH STR="1/2")<br>4<br>: (MH STR="> 1/2")<br>5<br>: (MH STR="ALWAYS")<br>6<br>End Case | Integer | Value Frequency<br>1   248<br>2   265<br>3   475<br>4   325<br>5   179<br>6   551<br>0   6<br>————<br>Total   2049 |
| MH A AND S | In the last month did you do any vigorous exercise or sports other than running that caused you to breathe heavily or break into a sweat?<br>1=yes<br>2=no | 27 | 0 (24) | | Integer | Value Frequency<br>1   1034<br>2   991<br>0   24<br>————<br>Total   2049 |
| MH OTH AS1 | First entry for vigorous activity other than running. | 27 | | | Alpha30 | |

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH OTH1 WK | How many times per week of first vigorous activity? | 27 | 0 (1172) | | Integer | # Non-Missing 877<br>Mean 3.495<br>Median 3.000<br>Minimum 1.000<br>Maximum 35.000 |
| MH OTH AS2 | Second entry for vigorous activity other than running. | 27 | | | Alpha30 | |
| MH OTH2 WK | How many times per week of second vigorous activity? | 27 | 0 (1832) | | Integer | # Non-Missing 217<br>Mean 3.664<br>Median 3.000<br>Minimum 1.000<br>Maximum 7.000 |
| MH BOW LG | Are you more bow legged than most people of your sex?<br>1=yes<br>2=no | 28 | 0 (2) | | Integer | Value Frequency<br>1 136<br>2 1911<br>0 2<br>-----<br>Total 2049 |
| MH KNK KN | Are you more knock kneed than most people of your sex?<br>1=yes<br>2=no | 29 | 0 (7) | | Integer | Value Frequency<br>1 79<br>2 1963<br>0 7<br>-----<br>Total 2049 |
| MH FLT FT | Do you have flatter feet (lower arches) than most people of your sex?<br>1=yes<br>2=no | 30 | 0 (6) | | Integer | Value Frequency<br>1 331<br>2 1712<br>0 6<br>-----<br>Total 2049 |
| MH H ARCH | Do you have higher arches than most people of your sex?<br>1=yes<br>2=no | 31 | 0 (6) | | Integer | Value Frequency<br>1 169<br>2 1874<br>0 6<br>-----<br>Total 2049 |

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| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH FT PRB | Do you have problems with your feet that cause you to limit your daily activities sometimes? 1=yes 2=no | 32 | 0 (3) | | Integer | Value Frequency<br>1 113<br>2 1933<br>0 3<br>------<br>Total 2049 |
| MH FOOT PR TYPE | Explanation of foot problems. | 32 | | | Alpha25 | |
| MH BCK PN | Do you have back pain that causes you to limit your daily activities sometimes? 1=yes 2=no | 33 | 0 (4) | | Integer | Value Frequency<br>1 202<br>2 1843<br>0 4<br>------<br>Total 2049 |
| MH B PAIN TYPE | Explanation of back pain. | 33 | | | Alpha24 | |
| MH WT LB | How much do you weigh in lbs? | 34 | 0 (15) | | Integer | # Non-missing 2034<br>Mean 146.993<br>Median 140.000<br>Minimum 92.000<br>Maximum 330.000 |
| MH WT KG | Weight in Kg, calculated from weight in lbs. | 34 | 0 (15) | MH WT LB/2.2 | Real | # Non-missing 2034<br>Mean 66.815<br>Median 63.636<br>Minimum 41.818<br>Maximum 150.000 |
| MH HT IN | What is your height in inches? | 35 | 0 (25) | | Integer | # Non-missing 2024<br>Mean 67.127<br>Median 67.000<br>Minimum 49.000<br>Maximum 86.000 |
| MH HT CM | Height in cm, calculated from height in inches. | 35 | 0 (25) | MH HT IN*2.54 | Real | # Non-missing 2024<br>Mean 170.502<br>Median 170.180<br>Minimum 124.460<br>Maximum 218.440 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH SHOE Age | About how long ago did you buy your training shoes? | 36 | —— (16) | | Alpha11 | Value Frequency<br>16<br>1MTH - 6MTH 253<br>1WK - 1MTH 363<br>6MTH - 1 YR 87<br>< 1 WK 439<br>> 1 YR 44<br>NEW 847<br>------<br>Total 2049 |
| MH SHOE Age CD | Code for MH SHOE AGE.<br>1=Brand new<br>2=Less than one week.<br>3=One week to one month.<br>4=One month to six months.<br>5=Six months to one year.<br>6=More than one year | 36 | 0 (5) | Case of<br>: (MH SHOE AGE= "NEW") 1<br>: (MH SHOE AGE= "< 1 WK") 2<br>: (MH SHOE AGE= "1WK - 1MTH") 3<br>: (MH SHOE AGE= "1MTH - 6MTH") 4<br>: (MH SHOE AGE= "6MTH - 1 YR") 5<br>: (MH SHOE AGE= "> 1 YR") 6<br>End Case | Integer | Value Frequency<br>1 847<br>2 439<br>3 363<br>4 253<br>5 87<br>6 44<br>0 16<br>------<br>Total 2049 |
| MH P Cond | How do you think your physical condition compares to others coming into the Army for the first time? | 37 | —— (5) | | Alpha8 | Value Frequency<br>5<br>BETTER 449<br>M BETTER 61<br>M WORSE 41<br>SAME 1255<br>WORSE 238<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH P Cond CD | Code for MH P COND<br>1=Much worse than most<br>2=Worse than most<br>3=About the same<br>4=Better than most<br>5=Much better than most | 37 | 0 (5) | Case of<br>: (MH P COND= "M WORSE") 1<br>: (MH P COND= "WORSE") 2<br>: (MH P COND= "SAME") 3<br>: (MH P COND= "BETTER") 4<br>: (MH P COND= "M BETTER") 5<br>End Case | Integer | Value Frequency<br>1   41<br>2   238<br>3   1255<br>4   449<br>5   61<br>0   5<br>------<br>Total   2049 |
| MH FTU | Were you in a Fitness Training Unit before starting this cycle of basic training?<br>1=yes<br>2=no | 38 | 0 (11) | | Integer | Value Frequency<br>1   81<br>2   1957<br>0   11<br>------<br>Total   2049 |
| MH SMK | Have you smoked one or more cigarettes in the past year?<br>1=yes<br>2=no | 39a | 0 (11) | | Integer | Value Frequency<br>1   847<br>2   1191<br>0   11<br>------<br>Total   2049 |
| MH YR SMK | How many years have you smoked one or more cigarettes? | 39b | 0 (1222) | | Real | # Non-missing 827<br>Mean   4.455<br>Median   4.000<br>Minimum   .500<br>Maximum   25.000 |
| MH CIG DAY | In the month before coming into the army, on the average, how many cigarettes did you smoke each day? | 39c | 0 (1322) | | Integer | # Non-missing 727<br>Mean   14.338<br>Median   14.000<br>Minimum   1.000<br>Maximum   70.000 |

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Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH YR CIG DAY | How many years have you smoked this many cigarettes each day? | 39d | 0 (1341) | | Real | # Non-missing 708<br>Mean 3.240<br>Median 2.000<br>Minimum .100<br>Maximum 21.000 |
| MH CIG TYPE | If yes to smoking during this one month before coming into the Army, what kinds of cigarettes did you usually smoke? | 39e | 0 (1218) | | Alpha10 | Value Frequency<br>  1218<br>LOW TAR 199<br>NON FILTER 10<br>NONE 63<br>OTHER 2<br>REG FILTER 557<br>------<br>Total 2049 |
| MH CIG CD | Code for MH CIG TYPE<br>1=Non-Filter<br>2=Regular Tars<br>3=Low-Tar<br>4=Did not smoke any | 39e | 0 (1212) | Case of<br> : (MH CIG TYPE= "NON FILTER") 1<br> : (MH CIG TYPE= "REG FILTER") 2<br> : (MH CIG TYPE= "LOW TAR") 3<br> : (MH CIG TYPE= "NONE") 4<br> : (MH CIG TYPE= "OTHER") 5<br>End Case | Integer | Value Frequency<br>1 10<br>2 557<br>3 199<br>4 63<br>5 2<br>0 1218<br>------<br>Total 2049 |
| MH ETHNIC | What most closely describes your ethnic group? | 40 | —— (0) | | Alpha6 | Value Frequency<br>AM IND 32<br>ASIAN 29<br>BLACK 739<br>HISP 138<br>OTHER 28<br>UNKNWN 33<br>WHITE 1050<br>------<br>Total 2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH ETHNIC CD | Code for MH ETHNIC 1=White, non-hispanic 2=Black, non-hispanic 3=Hispanic 4=Amer Indian/Eskimo 5=Oriental/Asian 6=Other 7=Unknown | 40 | 0 (19) | Case of :(MH ETHNIC ="WHITE") 1 :(MH ETHNIC ="BLACK") 2 :(MH ETHNIC ="HISP") 3 :(MH ETHNIC ="ASIAN") 4 :(MH ETHNIC ="AM IND") 5 :(MH ETHNIC =" OTHER") 6 :(MH ETHNIC ="UNKNWN") 7 End Case | Integer | Value Frequency 1 1050 2 739 3 138 4 29 5 32 6 28 7 33 ------- Total 2049 |
| MH HRS TV | In the past month, about how many hours of TV did you watch each week? | 41 | 0 (58) | | Real | # Non-missing 1991 Mean 22.672 Median 15.000 Minimum .500 Maximum 385.000 |
| MH HOURS AUTO | In the past month, about how many hours did you spend in a car (driving or riding) each week? | 42 | 0 (54) | | Real | # Non-missing 1995 Mean 27.229 Median 18.000 Minimum .500 Maximum 2080.000 |
| MH 1PERIOD | How old were you when you had your first menstrual period? (females only) | 43a | 0 (1109) | | Integer | # Non-missing 933 Mean 12.977 Median 13.000 Minimum 8.000 Maximum 42.000 |
| MH PER STOP | Have your periods ever stopped for 5 or more months (except for pregnancy)? (females only) 1=yes 2=no | 43b | 0 (1112) | | Integer | Value Frequency 1 54 2 883 0 1112 ------- Total 2049 |

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH YR STOP | Most recent year of periods stopping for 5 or more months. (females only) | 43b | 0 (1996) | | Integer | # Non-missing 53<br>Mean 83.679<br>Median 87.000<br>Minimum 1.000<br>Maximum 88.000 |
| MH REG PERIOD | In the past year have your periods been regular? (females only) 1=yes 2=no | 43c | 0 (1109) | | Integer | Value Frequency<br>1 756<br>2 184<br>0 1109<br>------<br>Total 2049 |
| MH PERD LENGTH | How many days does your period last? | 43d | 0 (1110) | | Integer | # Non-missing 939<br>Mean 5.071<br>Median 5.000<br>Minimum 1.000<br>Maximum 28.000 |
| MH PAIN | Do you have painful debilitating periods which interfere with activities or require prescription medication? (females only) 1=yes 2=no | 43e | 0 (1107) | | Integer | Value Frequency<br>1 269<br>2 673<br>0 1107<br>------<br>Total 2049 |
| MH GIVEN BIRTH | Have you ever had a baby (including stillborn)? (females only) 1=yes 2=no | 43f | 0 (1109) | | Integer | Value Frequency<br>1 150<br>2 790<br>0 1109<br>------<br>Total 2049 |

Fort Jackson 88 Questionnaire Part 4 (Misc History)
4D Filename - FJ Misc Hist

| Field Name | Description | Quest # | Missing Values | Calculation | Format | Responses |
|---|---|---|---|---|---|---|
| MH B MONTH | Month of last delivery (females only) | 43f | — (1907) | | Alpha3 | Value Frequency<br>1907<br><br>APR 9<br>AUG 15<br>DEC 16<br>FEB 8<br>JAN 14<br>JUL 15<br>JUN 11<br>MAR 9<br>MAY 16<br>NOV 13<br>OCT 11<br>SEP 5<br>--------<br>Total 2049 |
| MH B YEAR | Year of last delivery (females only) | 43f | 0 (1902) | | Integer | # Non-missing 1902<br>Mean 84.463<br>Median 85.000<br>Minimum 70.000<br>Maximum 88.000 |

FORT JACKSON 1988 DATABASE


APPENDIX E

TABLES AND HISTOGRAMS

PRESENTED FOR FEMALE RECRUITS


DEMOGRAPHICS, ANTHROPOMETRICS, RISK FACTORS,

AND FITNESS MEASURES

# Fort Jackson 1988 Female Recruits
## Table of Contents

**Demographics:**
Age
Unit
Race
Education Years
Home State

**Anthropometrics:**
Weight
Height
Body Mass Index
Army % Body Fat
Navy % Body Fat
Neck Size
Abdomen Size
Arm Size
Wrist Size
Hip Size
Grip Strength Test
Flexibility

**Risk Factors:**
Smoker (Y/N)
Years Smoked
Smoking Descriprion
Hospitalization History
Stress Fracture History
Surgery History
Flu (during past two weeks)
Fever (during past two weeks)
Nausea/Vomiting/Diarrhea (during past two weeks)

**Fitness Measures:**
Physical Activity Level
Physical Fitness Level
Occupational Activity Level
Exercise Frequency
METS
PT Test 1 Push Ups
PT Test 1 Sit Ups
PT Test 1 Number of Miles Run
PT Test 1 Run Time (1 mile)
PT Test 1 Run Time (2 mile)
PT Test 4 Push Ups
PT Test 4 Sit Ups
PT Test 4 Run Time (2 mile)
% Change for Push Ups
% Change for Sit Ups
% Change for Run Time (2 mile runners only)

# FJ '88 Subject Info By Unit - Female

| | B128 | B334 | D134 | D213 | D334 | E213 | EPRO | UNKNOWN | TOTAL |
|---|---|---|---|---|---|---|---|---|---|
| 1 (Subject) | 129 | 6 | 161 | 219 | 47 | 204 | | 14 | 780 |
| 2 (Pro Unit) | | | | | | | 83 | | 83 |
| 3 (Recycled) | 6 | | 15 | 2 | | | | | 23 |
| 4 (Discharged) | | | 12 | 11 | 2 | 5 | | | 30 |
| 5 (Anth Only, Pro) | | | | | | | 3 | | 3 |
| 6 (Quest Only, Pro) | | | | | | | 1 | | 1 |
| 7 (Anth Only) | | | | 2 | | 4 | | 2 | 8 |
| 8 (Quest Only) | 8 | | 17 | 1 | | | | | 26 |
| 9 (Non-Subject) | 79 | | 10 | 20 | 112 | 10 | 8 | | 239 |
| TOTAL: | 222 | 6 | 215 | 255 | 161 | 223 | 95 | 16 | 1193 |

Note: All of the following charts and graphs were made using only recruits with a Subject Info Code of 1-4.

23 Jan 97 SPSS for Macintosh Release 6.1

AGE - Age of FEMALE recruits in years

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| | 17 | 67 | 7.3 | 7.3 | 7.3 |
| | 18 | 315 | 34.4 | 34.4 | 41.7 |
| | 19 | 176 | 19.2 | 19.2 | 60.9 |
| | 20 | 100 | 10.9 | 10.9 | 71.8 |
| | 21 | 55 | 6.0 | 6.0 | 77.8 |
| | 22 | 35 | 3.8 | 3.8 | 81.7 |
| | 23 | 36 | 3.9 | 3.9 | 85.6 |
| | 24 | 26 | 2.8 | 2.8 | 88.4 |
| | 25 | 32 | 3.5 | 3.5 | 91.9 |
| | 26 | 15 | 1.6 | 1.6 | 93.6 |
| | 27 | 10 | 1.1 | 1.1 | 94.7 |
| | 28 | 8 | .9 | .9 | 95.5 |
| | 29 | 9 | 1.0 | 1.0 | 96.5 |
| | 30 | 7 | .8 | .8 | 97.3 |
| | 31 | 4 | .4 | .4 | 97.7 |
| | 32 | 5 | .5 | .5 | 98.3 |
| | 33 | 6 | .7 | .7 | 98.9 |
| | 34 | 8 | .9 | .9 | 99.8 |
| | 35 | 2 | .2 | .2 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

| | | | | | |
|---|---|---|---|---|---|
| Mean | 20.206 | Median | 19.000 | Mode | 18.000 |
| Std dev | 3.458 | Variance | 11.958 | Range | 18.000 |
| Minimum | 17.000 | Maximum | 35.000 | | |

Valid cases    916    Missing cases    0

# FJ '88 AGE DISTRIBUTION – FEMALE

Std. Dev = 3.46

Mean = 20

N = 916.00

**Number of Recruits**

700
600
500
400
300
200
100
0

17  18  19  20  21  22  23  24  25  26  27  28  29  30  31  32  33  34  35  36  37  38  39  40
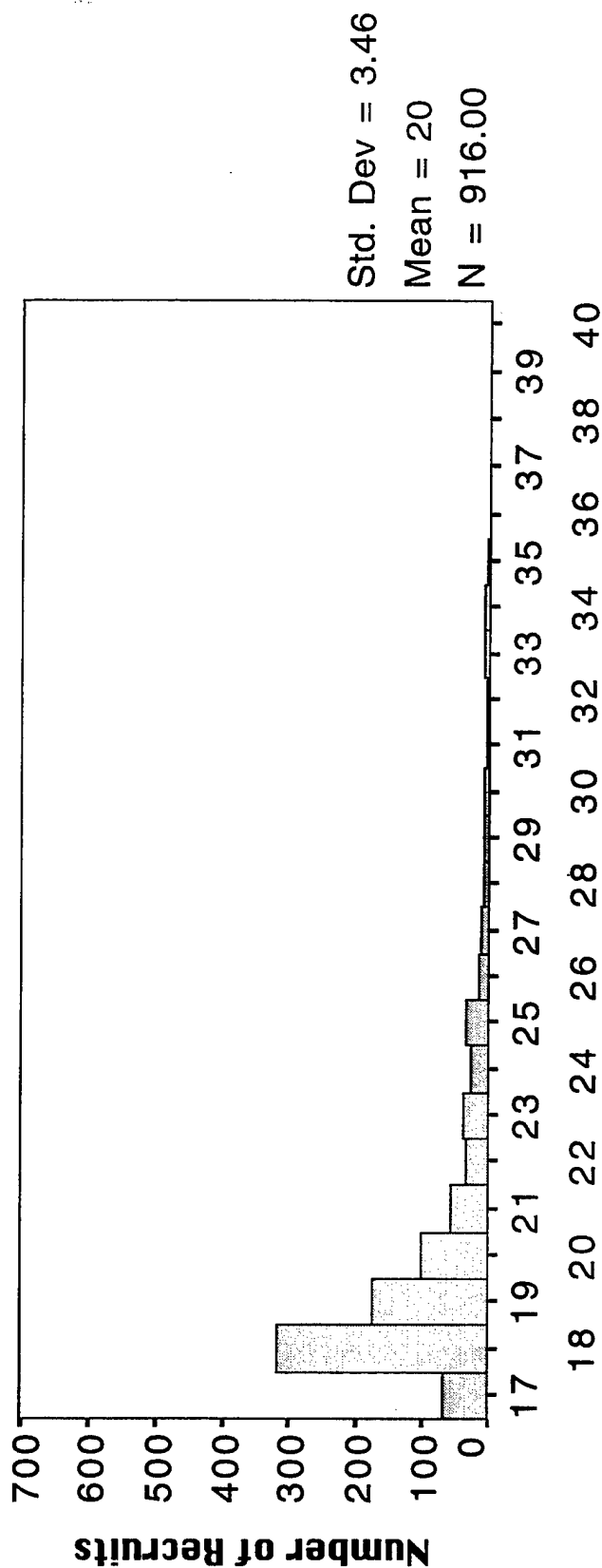
**Age of Recruits in Years**

FJ Main File: Age    1/27/97

FJ Charts:FJ Age – Female

23 Jan 97 SPSS for Macintosh Release 6.1

UNIT    Unit Distribution - FEMALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| | B128 | 135 | 14.7 | 14.7 | 14.7 |
| | B334 | 6 | .7 | .7 | 15.4 |
| | D134 | 188 | 20.5 | 20.5 | 35.9 |
| | D213 | 232 | 25.3 | 25.3 | 61.2 |
| | D334 | 49 | 5.3 | 5.3 | 66.6 |
| | E213 | 209 | 22.8 | 22.8 | 89.4 |
| | EPRO | 83 | 9.1 | 9.1 | 98.5 |
| | UNKN | 14 | 1.5 | 1.5 | 100.0 |
| | | ------- | ------ | ------ | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

FJ '88 UNIT DISTRIBUTION – FEMALE

Number of Recruits

300 — 200 — 100 — 0

B128: 135
B334
D134: 188
D213: 232
D334: 49
E213: 209
EPRO: 83
UNKN
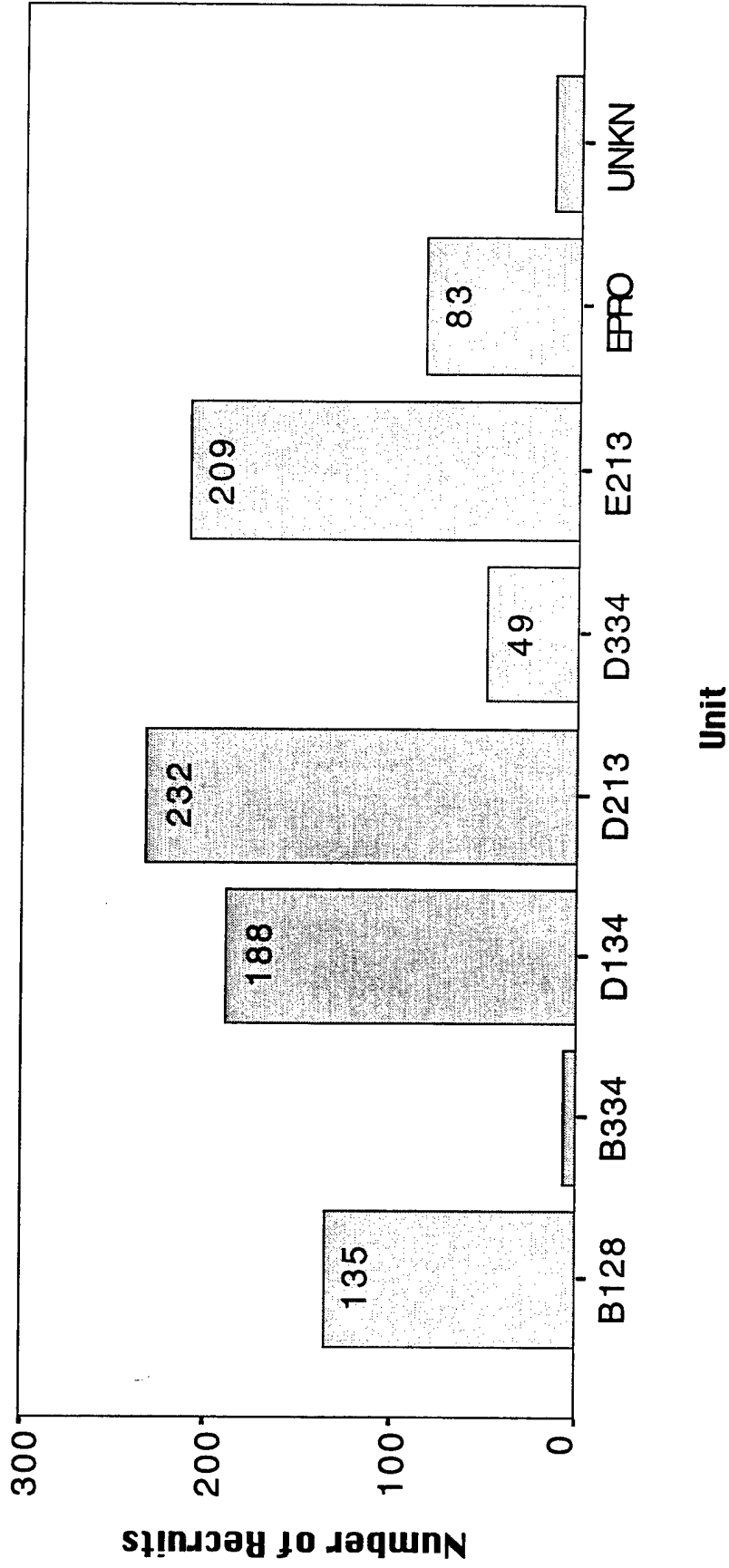
Unit

FJ Charts: FJ Unit – Female     1/28/97

23 Jan 97 SPSS for Macintosh Release 6.1

MH_RACE    -    Race of FEMALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| WHITE | 1 | 414 | 45.2 | 45.2 | 45.2 |
| BLACK | 2 | 397 | 43.3 | 43.3 | 88.5 |
| HISPANIC | 3 | 57 | 6.2 | 6.2 | 94.8 |
| AM IND/ESK | 4 | 12 | 1.3 | 1.3 | 96.1 |
| ASIAN | 5 | 13 | 1.4 | 1.4 | 97.5 |
| OTHER | 6 | 12 | 1.3 | 1.3 | 98.8 |
| UNKNOWN | 7 | 11 | 1.2 | 1.2 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

# FJ '88 RACE DISTRIBUTION – FEMALE



**Number of Recruits** (y-axis): 0, 100, 200, 300, 400, 500, 600, 700, 800, 900

White: 414
Black: 397

Race categories: White, Black, Hispanic, Am Ind/Esk, Asian, Other, Unknown
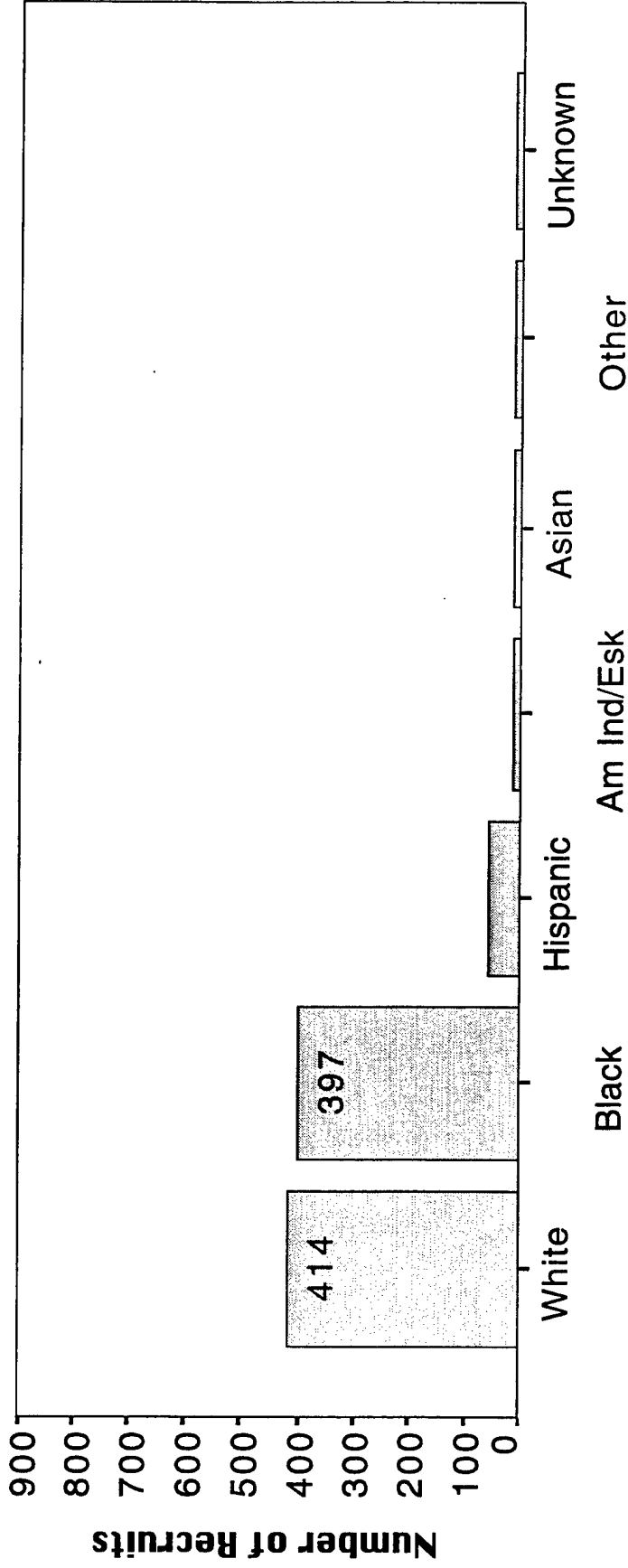
**Race of Recruits**

FJ Charts: FJ MH Race – Female    1/28/97

23 Jan 97 SPSS for Macintosh Release 6.1

G_ED_YRS    Number of years of education for FEMALE recruits
            (GED or High-school Graduation=12, college graduation=16)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| | 11 | 5 | .5 | .6 | .6 |
| | 12 | 679 | 74.1 | 75.0 | 75.6 |
| | 13 | 111 | 12.1 | 12.3 | 87.8 |
| | 14 | 58 | 6.3 | 6.4 | 94.3 |
| | 15 | 21 | 2.3 | 2.3 | 96.6 |
| | 16 | 25 | 2.7 | 2.8 | 99.3 |
| | 17 | 2 | .2 | .2 | 99.6 |
| | 18 | 4 | .4 | .4 | 100.0 |
| | 0 | 11 | 1.2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    905    Missing cases    11

# FJ '88 EDUCATION DISTRIBUTION - FEMALE

Std. Dev = 1.02

Mean = 12

N = 905.00
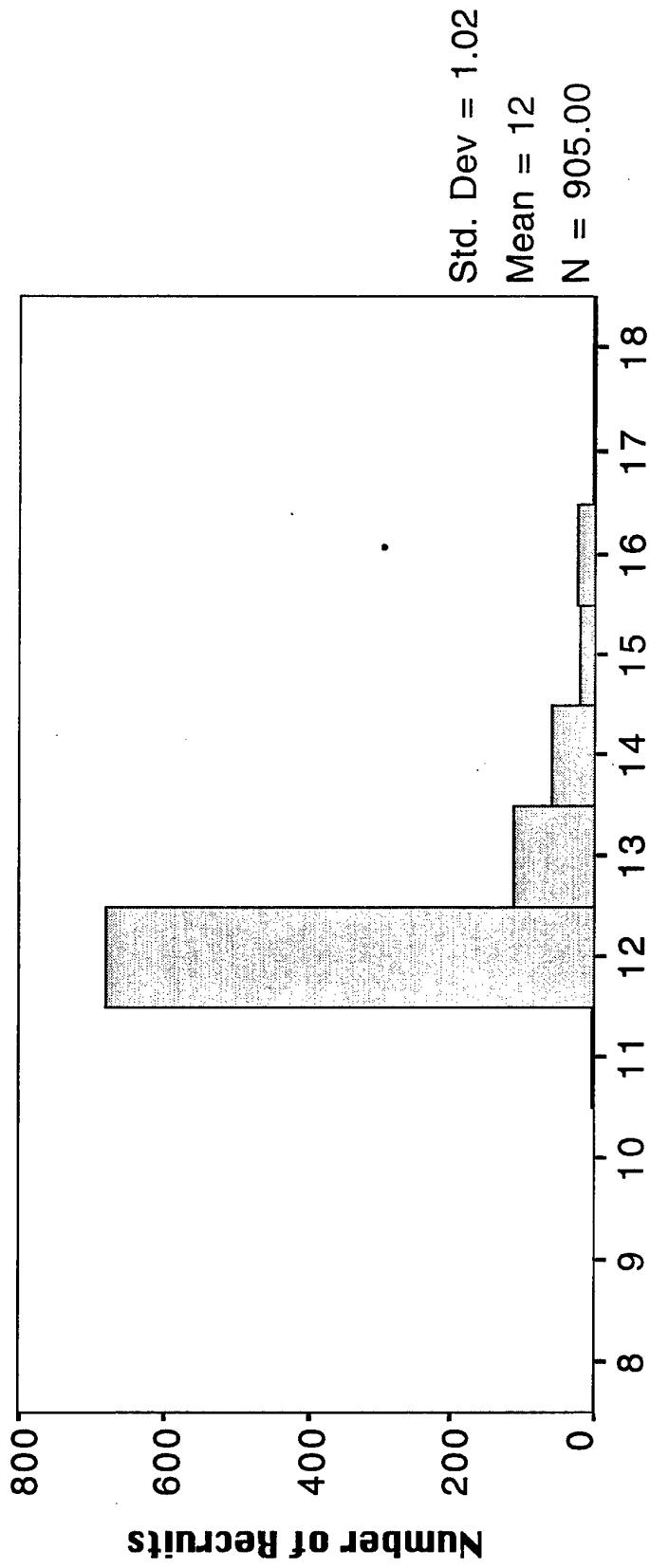
**Number of Years of Education (GED=12)**

FJ Charts:FJ G Ed Yrs – Female    1/27/97

**Number of Recruits**

800

600

400

200

0

8  9  10  11  12  13  14  15  16  17  18

23 Jan 97  SPSS for Macintosh Release 6.1

G_HOME     Home state of FEMALE recruits (Postal Abbreviation)

| Value | Freq | Pct | Cum Pct | Value | Freq | Pct | Cum Pct | Value | Freq | Pct | Cum Pct |
|---|---|---|---|---|---|---|---|---|---|---|---|
| AK | 64 | 7 | 7 | KY | 17 | 2 | 41 | OH | 56 | 6 | 75 |
| AL | 8 | 1 | 8 | LA | 32 | 3 | 44 | OK | 15 | 2 | 77 |
| AR | 31 | 3 | 11 | MA | 6 | 1 | 45 | OR | 11 | 1 | 78 |
| AZ | 7 | 1 | 12 | MD | 28 | 3 | 48 | OT | 2 | 0 | 78 |
| CA | 8 | 1 | 13 | ME | 3 | 0 | 48 | PA | 26 | 3 | 81 |
| CO | 47 | 5 | 18 | MI | 59 | 6 | 55 | PR | 7 | 1 | 82 |
| CT | 10 | 1 | 19 | MN | 8 | 1 | 56 | SC | 28 | 3 | 85 |
| DC | 2 | 0 | 19 | MO | 13 | 1 | 57 | SD | 3 | 0 | 85 |
| DE | 4 | 0 | 20 | MS | 20 | 2 | 59 | TN | 14 | 2 | 87 |
| FL | 2 | 0 | 20 | MT | 4 | 0 | 60 | TX | 57 | 6 | 93 |
| GA | 51 | 6 | 26 | NC | 17 | 2 | 61 | UT | 2 | 0 | 93 |
| HI | 33 | 4 | 29 | ND | 2 | 0 | 62 | VA | 26 | 3 | 96 |
| IA | 8 | 1 | 30 | NE | 2 | 0 | 62 | VI | 2 | 0 | 96 |
| ID | 7 | 1 | 31 | NH | 4 | 0 | 62 | VT | 1 | 0 | 96 |
| IL | 1 | 0 | 31 | NJ | 13 | 1 | 64 | WA | 15 | 2 | 98 |
| IN | 33 | 4 | 34 | NM | 5 | 1 | 64 | WI | 12 | 1 | 99 |
| KS | 28 | 3 | 38 | NV | 3 | 0 | 65 | WV | 5 | 1 | 100 |
|  |  |  |  | NY | 40 | 4 | 69 | WY | 2 | 0 | 100 |

Valid cases   916     Missing cases   0

# FJ '88 HOME STATE DISTRIBUTION - FEMALE



Number of Recruits

Home State

FJ Charts: FJ Home - Female   1/27/97
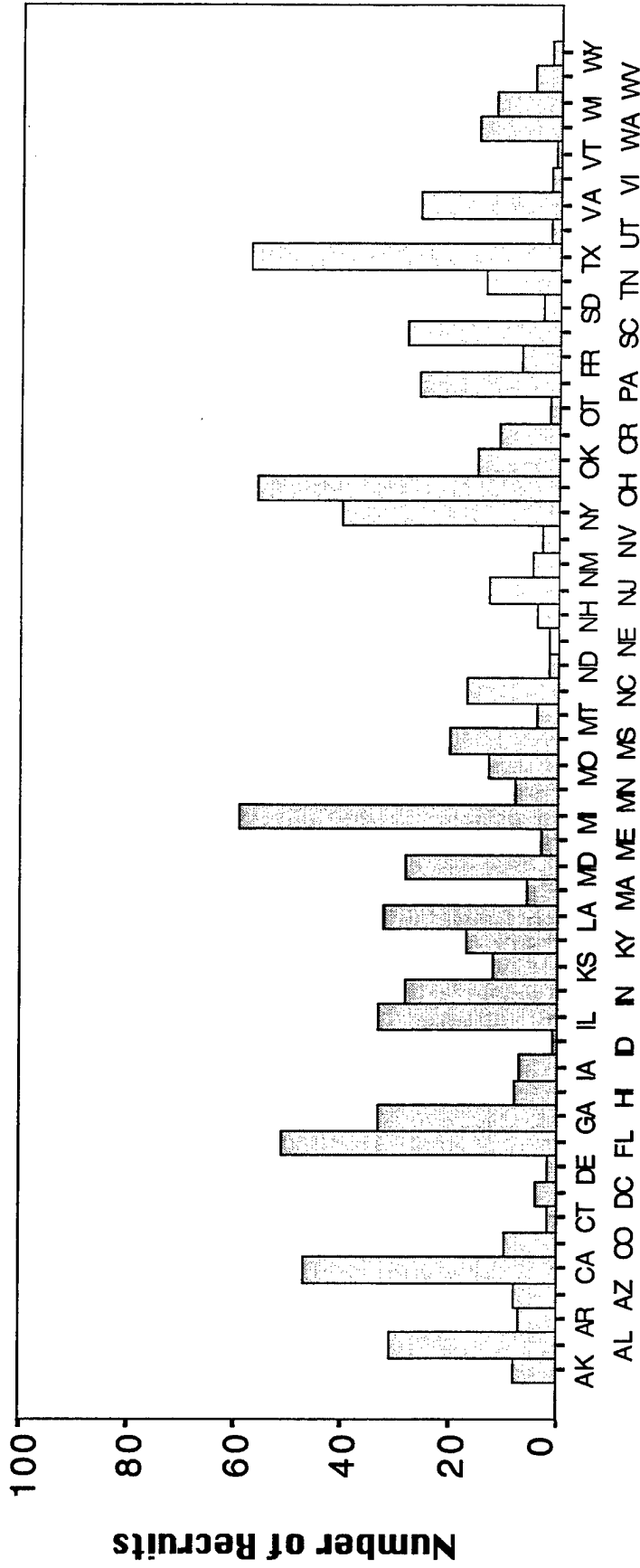
23 Jan 97 SPSS for Macintosh Release 6.1

WEIGHT_1    Weight of FEMALE recruits in 5 kg groups

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 40-44.99 | 40.00 | 14 | 1.5 | 1.5 | 1.5 |
| 45-49.99 | 45.00 | 100 | 10.9 | 10.9 | 12.4 |
| 50-54.99 | 50.00 | 164 | 17.9 | 17.9 | 30.3 |
| 55-59.99 | 55.00 | 264 | 28.8 | 28.8 | 59.2 |
| 60-64.99 | 60.00 | 252 | 27.5 | 27.5 | 86.7 |
| 65-69.99 | 65.00 | 89 | 9.7 | 9.7 | 96.4 |
| 70-74.99 | 70.00 | 27 | 2.9 | 2.9 | 99.3 |
| 75-79.99 | 75.00 | 5 | .5 | .5 | 99.9 |
| 85-89.99 | 85.00 | 1 | .1 | .1 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases      916      Missing cases      0

Statistics for continuous weight variable (AN_WT):

| | | | |
|---|---|---|---|
| Mean | 58.201 | Median | 58.600 | Mode | 59.900 |
| Std dev | 6.570 | Variance | 43.161 | Range | 47.700 |
| Minimum | 40.000 | Maximum | 87.700 | | |

* Multiple modes exist.   The smallest value is shown.

Valid cases      916      Missing cases      0

# FJ '88 WEIGHT DISTRIBUTION - FEMALE

Std. Dev = 6.57

Mean = 58.2

N = 916.00

**Number of Recruits**

300

200

100

0

42.5  47.5  52.5  57.5  62.5  67.5  72.5  77.5  82.5  87.5  92.5  97.5  102.5  107.5  112.5  117.5  122.5
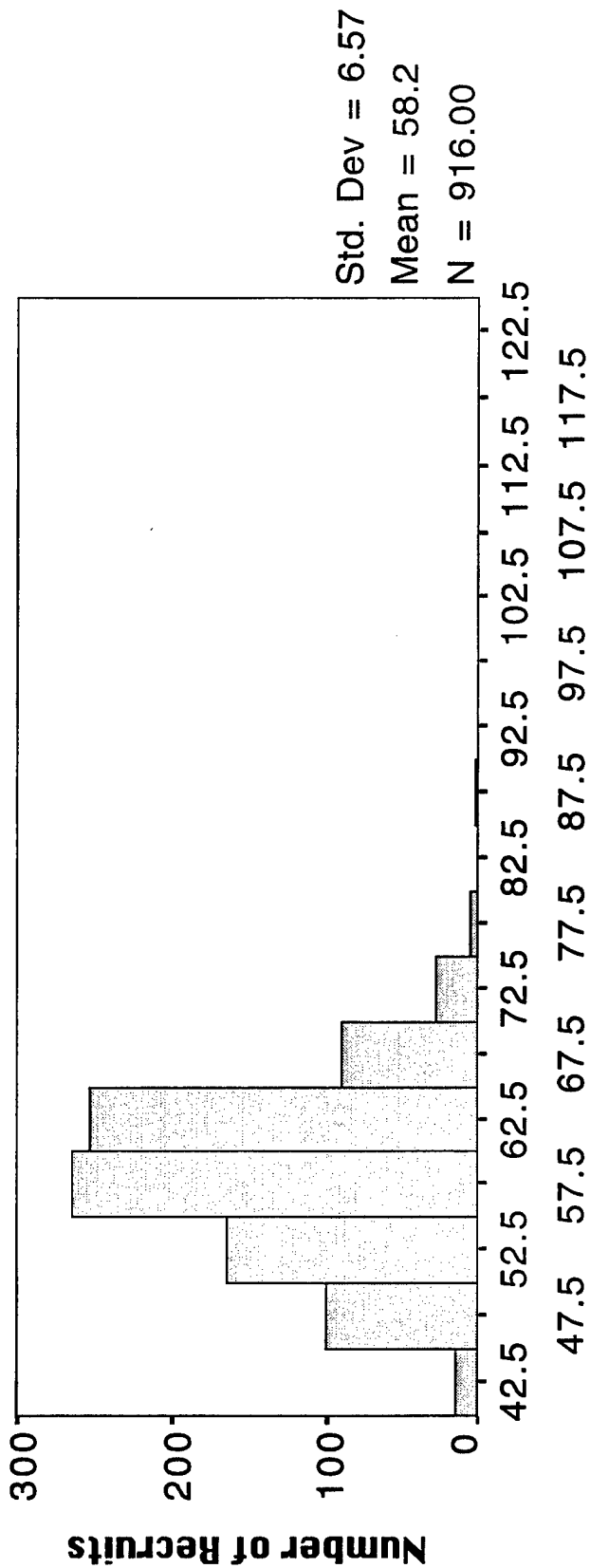
## Weight of Recruits in 5 kg groups

FJ Charts:FJ An WT - Female   1/27/97

Weight Categories: 40-44.99, 45-49.99, 50-54.99, ..., 120-124.99

AN_HT    Height of FEMALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 142-143.99 | 142.00 | 1 | .1 | .1 | .1 |
| 144-145.99 | 144.00 | 2 | .2 | .2 | .3 |
| 146-147.99 | 146.00 | 10 | 1.1 | 1.1 | 1.4 |
| 148-149.99 | 148.00 | 8 | .9 | .9 | 2.3 |
| 150-151.99 | 150.00 | 24 | 2.6 | 2.6 | 4.9 |
| 152-153.99 | 152.00 | 45 | 4.9 | 4.9 | 9.8 |
| 154-155.99 | 154.00 | 78 | 8.5 | 8.5 | 18.3 |
| 156-157.99 | 156.00 | 99 | 10.8 | 10.8 | 29.1 |
| 158-159.99 | 158.00 | 113 | 12.3 | 12.3 | 41.5 |
| 160-161.99 | 160.00 | 106 | 11.6 | 11.6 | 53.1 |
| 162-163.99 | 162.00 | 90 | 9.8 | 9.8 | 62.9 |
| 164-165.99 | 164.00 | 82 | 9.0 | 9.0 | 71.8 |
| 166-167.99 | 166.00 | 96 | 10.5 | 10.5 | 82.3 |
| 168-169.99 | 168.00 | 58 | 6.3 | 6.3 | 88.6 |
| 170-171.99 | 170.00 | 47 | 5.1 | 5.1 | 93.8 |
| 172-173.99 | 172.00 | 25 | 2.7 | 2.7 | 96.5 |
| 174-175.99 | 174.00 | 13 | 1.4 | 1.4 | 97.9 |
| 176-177.99 | 176.00 | 8 | .9 | .9 | 98.8 |
| 178-179.99 | 178.00 | 4 | .4 | .4 | 99.2 |
| 180-181.99 | 180.00 | 5 | .5 | .5 | 99.8 |
| 186-187.99 | 186.00 | 1 | .1 | .1 | 99.9 |
| 188-189.99 | 188.00 | 1 | .1 | .1 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for AN_HT:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 161.912 | Median | 161.500 | Mode | 162.900 |
| Std dev | 6.567 | Variance | 43.131 | Range | 45.400 |
| Minimum | 143.600 | Maximum | 189.000 | | |

Valid cases    916    Missing cases    0

Note: Data above this
line is not shown on graph

# FJ '88 HEIGHT DISTRIBUTION – FEMALE

Std. Dev = 6.57
Mean = 162
N = 916.00

**Number of Recruits**

200
150
100
50
0

145  149  153  157  161  165  169  173  177  181  185  189  193  197  201  205  209
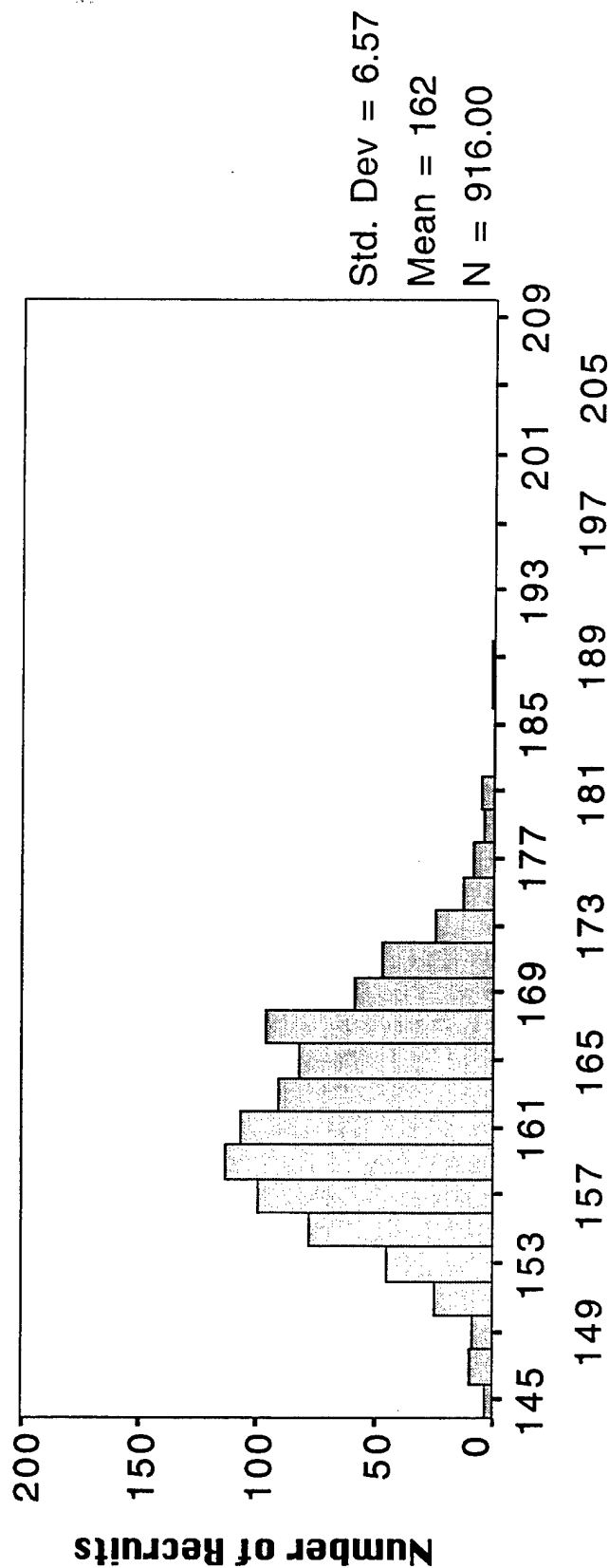
**Height (cm)**

FJ Charts:FJ An HT – Female    1/27/97

Height Categories: 144–145.99, 146–147.99, 148–149.99, ..., 208–209.99

23 Jan 97  SPSS for Macintosh Release 6.1

BMI_2    BMI Distribution for FEMALE recruits in 1 kg/m^2 increments.

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 16-16.99 | 16.00 | 1 | .1 | .1 | .1 |
| 17-17.99 | 17.00 | 16 | 1.7 | 1.7 | 1.9 |
| 18-18.99 | 18.00 | 46 | 5.0 | 5.0 | 6.9 |
| 19-19.99 | 19.00 | 93 | 10.2 | 10.2 | 17.0 |
| 20-20.99 | 20.00 | 123 | 13.4 | 13.4 | 30.5 |
| 21-21.99 | 21.00 | 119 | 13.0 | 13.0 | 43.4 |
| 22-22.99 | 22.00 | 153 | 16.7 | 16.7 | 60.2 |
| 23-23.99 | 23.00 | 164 | 17.9 | 17.9 | 78.1 |
| 24-24.99 | 24.00 | 138 | 15.1 | 15.1 | 93.1 |
| 25-25.99 | 25.00 | 52 | 5.7 | 5.7 | 98.8 |
| 26-26.99 | 26.00 | 10 | 1.1 | 1.1 | 99.9 |
| 27-27.99 | 27.00 | 1 | .1 | .1 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for AN_BMI:

| Mean | 22.190 | Median | 22.440 | Mode | 24.040 |
|---|---|---|---|---|---|
| Std dev | 2.038 | Variance | 4.152 | Range | 10.800 |
| Minimum | 16.360 | Maximum | 27.160 | | |

Valid cases    916      Missing cases    0

# FJ '88 BMI DISTRIBUTION - FEMALE

Std. Dev = 2.04

Mean = 22.2

N = 916.00

**Number of Recruits**

200

150

100

50

0

16.5   17.5   18.5   19.5   20.5   21.5   22.5   23.5   24.5   25.5   26.5   27.5   28.5   29.5   30.5   31.5   32.5   33.5   34.5
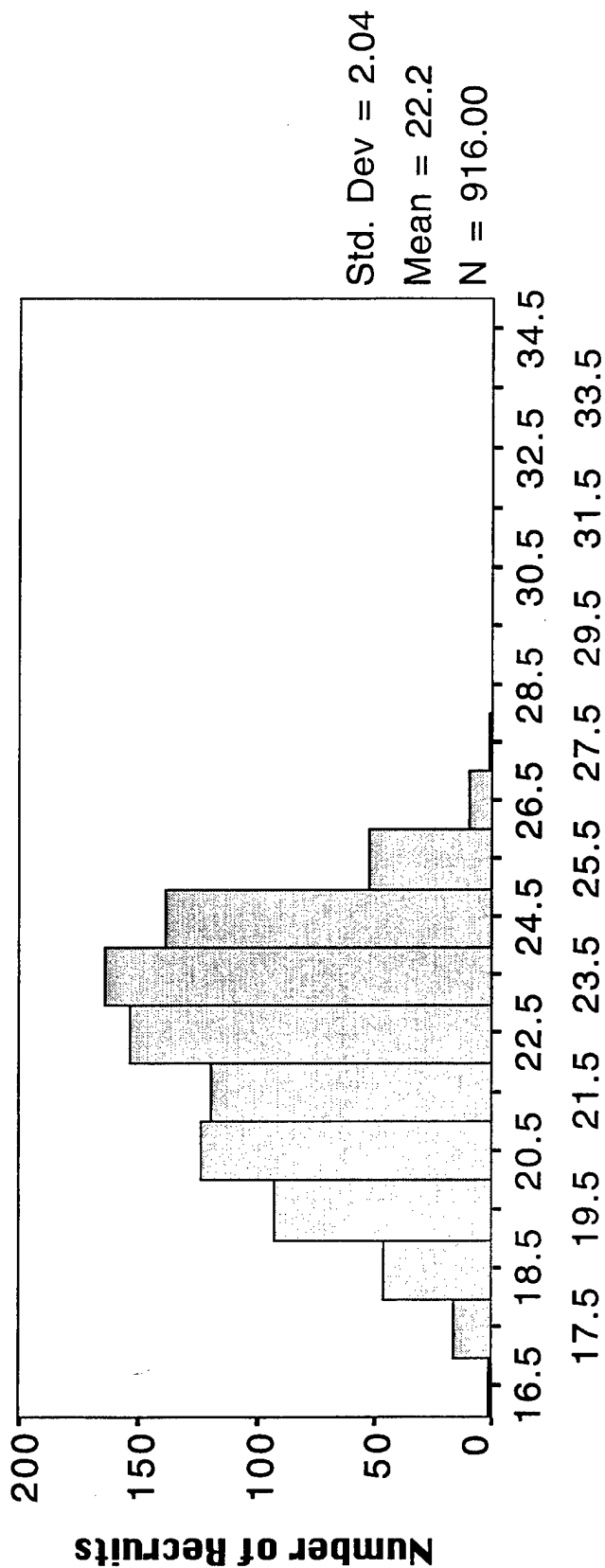
**Body Mass Index for Recruits  (kg/m^2)**

FJ Charts:FJ An BMI – Female    1/27/97

BMI Categories: 16–16.99, 17–17.99, 18–18.99, ..., 34–34.99

ARMYBF_1    Army calculation of Percent Body Fat for FEMALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 12-13.99 | 12.00 | 1 | .1 | .1 | .1 |
| 14-15.99 | 14.00 | 1 | .1 | .1 | .2 |
| 16-17.99 | 16.00 | 8 | .9 | .9 | 1.1 |
| 18-19.99 | 18.00 | 33 | 3.6 | 3.6 | 4.7 |
| 20-21.99 | 20.00 | 57 | 6.2 | 6.2 | 10.9 |
| 22-23.99 | 22.00 | 111 | 12.1 | 12.1 | 23.1 |
| 24-25.99 | 24.00 | 163 | 17.8 | 17.8 | 40.9 |
| 26-27.99 | 26.00 | 181 | 19.8 | 19.8 | 60.7 |
| 28-29.99 | 28.00 | 151 | 16.5 | 16.5 | 77.2 |
| 30-31.99 | 30.00 | 135 | 14.7 | 14.8 | 92.0 |
| 32-33.99 | 32.00 | 62 | 6.8 | 6.8 | 98.8 |
| 34-35.99 | 34.00 | 9 | 1.0 | 1.0 | 99.8 |
| 38-39.99 | 38.00 | 1 | .1 | .1 | 99.9 |
| 42-43.99 | 42.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for ANARMYBF:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 26.754 | Median | 27.000 | Mode | 27.000 |
| Std dev | 3.816 | Variance | 14.562 | Range | 29.210 |
| Minimum | 13.390 | Maximum | 42.600 | | |

* Multiple modes exist.  The smallest value is shown.

Valid cases    914    Missing cases    2

Formula   (FEMALE):   Anth Army BF:=if (Anth Hip>2, (105.328*Log10(Anth WT))-(0.200*Anth Wrist Avg)-
(0.533*Anth Nek Avg)-(1.574*Anth Arm Avg) + (0.173*Anth Hip Avg) -
(0.515*Anth Ht) - 35.601), 0)

# FJ '88 ARMY % BODY FAT – FEMALE

Std. Dev = 3.82

Mean = 27

N = 914.00
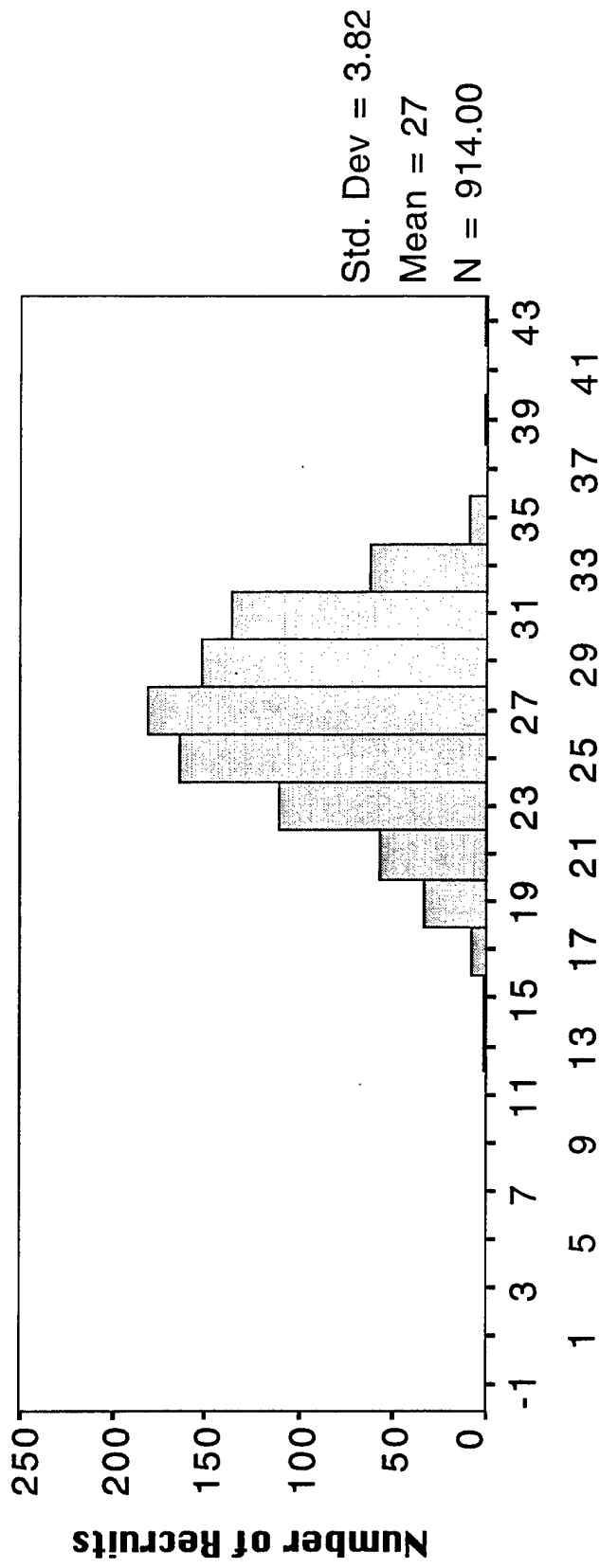
**Army Calculation of % Body Fat**

FJ Charts:FJ An Army % BF - Female    1/27/97

Army % BF categories:  (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

23 Jan 97  SPSS for Macintosh Release 6.1

NAVYBF_1    Navy calculation of Percent Body Fat for FEMALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 10-11.99 | 10.00 | 1 | .1 | .1 | .1 |
| 12-13.99 | 12.00 | 2 | .2 | .2 | .3 |
| 14-15.99 | 14.00 | 34 | 3.7 | 3.7 | 4.0 |
| 16-17.99 | 16.00 | 47 | 5.1 | 5.1 | 9.2 |
| 18-19.99 | 18.00 | 77 | 8.4 | 8.4 | 17.6 |
| 20-21.99 | 20.00 | 138 | 15.1 | 15.1 | 32.7 |
| 22-23.99 | 22.00 | 132 | 14.4 | 14.4 | 47.2 |
| 24-25.99 | 24.00 | 163 | 17.8 | 17.8 | 65.0 |
| 26-27.99 | 26.00 | 138 | 15.1 | 15.1 | 80.1 |
| 28-29.99 | 28.00 | 118 | 12.9 | 12.9 | 93.0 |
| 30-31.99 | 30.00 | 49 | 5.3 | 5.4 | 98.4 |
| 32-33.99 | 32.00 | 14 | 1.5 | 1.5 | 99.9 |
| 34-35.99 | 34.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for ANNAVYBF:

| | | | | |
|---|---|---|---|---|
| Mean | 24.038 | Median | 24.300 | Mode | 25.960 |
| Std dev | 4.241 | Variance | 17.985 | Range | 23.400 |
| Minimum | 11.900 | Maximum | 35.300 | | |

Valid cases    914    Missing cases    2

Formula  (FEMALE):  Anth Navy BF:=if (Anth Hip Avg>0, ((4.95/Anth BD)-4.50)*100,0)
with:    Anth BD := if (ANth Hip>0, 1.29579+(0.22100*Loh10(Anth HT)-
                    (0.35004*Log10(Anth ABD Avg+Anth Hip Avg-Anth Nek Avg)), 1)

# FJ '88 NAVY % BODY FAT – FEMALE

**Std. Dev = 4.24**

**Mean = 24**

**N = 914.00**

Number of Recruits

250
200
150
100
50
0

-1  1  3  5  7  9  11  13  15  17  19  21  23  25  27  29  31  33  35  37  39  41  43
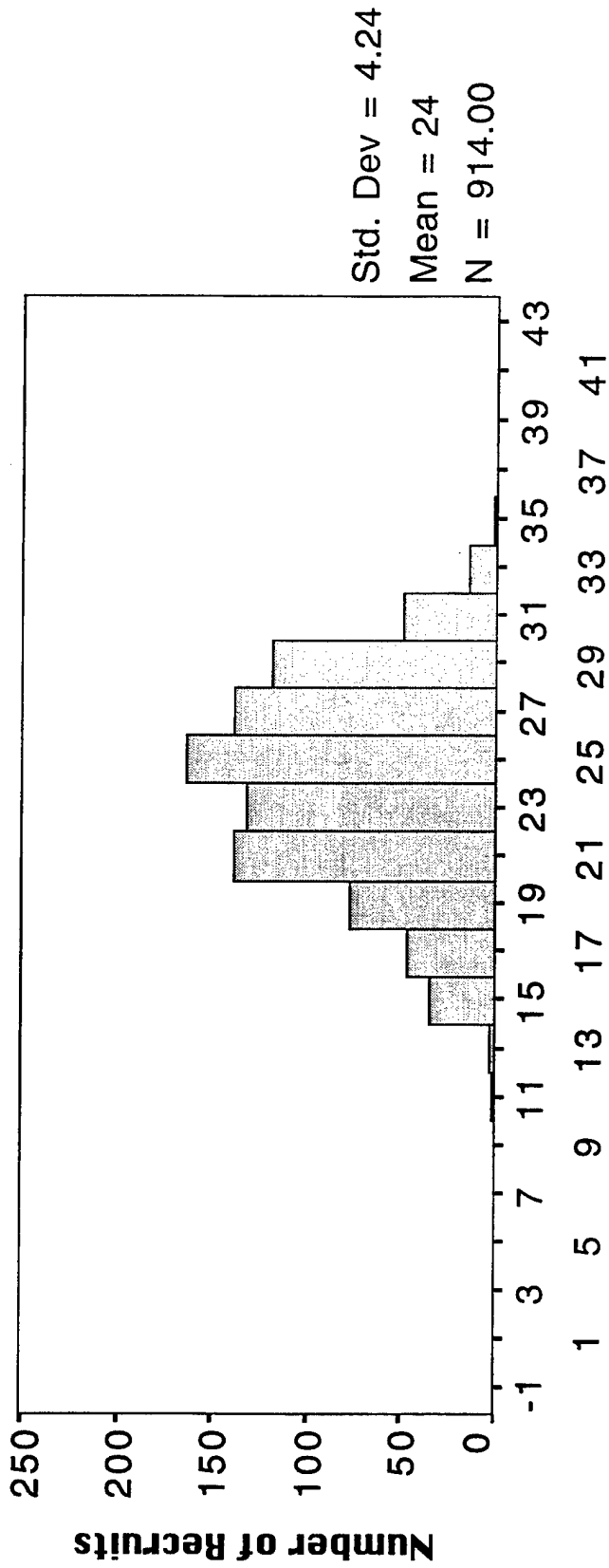
## Navy Calculation of % Body Fat

FJ Charts:FJ An Navy % BF - Female    1/27/97

Navy % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

23 Jan 97 SPSS for Macintosh Release 6.1

ANNEKAVG    Neck Size Distribution for FEMALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent | |
|---|---|---|---|---|---|---|
| 23-23.99 | 23.00 | 1 | .1 | .1 | .1 | |
| | | | | | | Data above this line not shown on graph |
| 26-26.99 | 26.00 | 1 | .1 | .1 | .2 | |
| 27-27.99 | 27.00 | 5 | .5 | .5 | .8 | |
| 28-28.99 | 28.00 | 26 | 2.8 | 2.8 | 3.6 | |
| 29-29.99 | 29.00 | 93 | 10.2 | 10.2 | 13.8 | |
| 30-30.00 | 30.00 | 184 | 20.1 | 20.1 | 33.8 | |
| 31-31.99 | 31.00 | 256 | 27.9 | 27.9 | 61.8 | |
| 32-32.99 | 32.00 | 201 | 21.9 | 21.9 | 83.7 | |
| 33-33.99 | 33.00 | 105 | 11.5 | 11.5 | 95.2 | |
| 34-34.99 | 34.00 | 37 | 4.0 | 4.0 | 99.2 | |
| 35-35.99 | 35.00 | 4 | .4 | .4 | 99.7 | |
| 36-36.99 | 36.00 | 3 | .3 | .3 | 100.0 | |
| | Total | 916 | 100.0 | 100.0 | | |

Valid cases    916    Missing cases    0

Statistics for ANNEKAVG:

| | | | |
|---|---|---|---|
| Mean | 31.538 | Median | 31.500 | Mode | 31.130 |
| Std dev | 1.466 | Variance | 2.149 | Range | 13.130 |
| Minimum | 23.500 | Maximum | 36.630 | | |

Valid cases    916    Missing cases    0

Note:  ANNEKAVG is an average of three neck size measurements

# FJ '88 NECK SIZE DISTRIBUTION – FEMALE

Std. Dev = 1.47

Mean = 32

N = 916.00
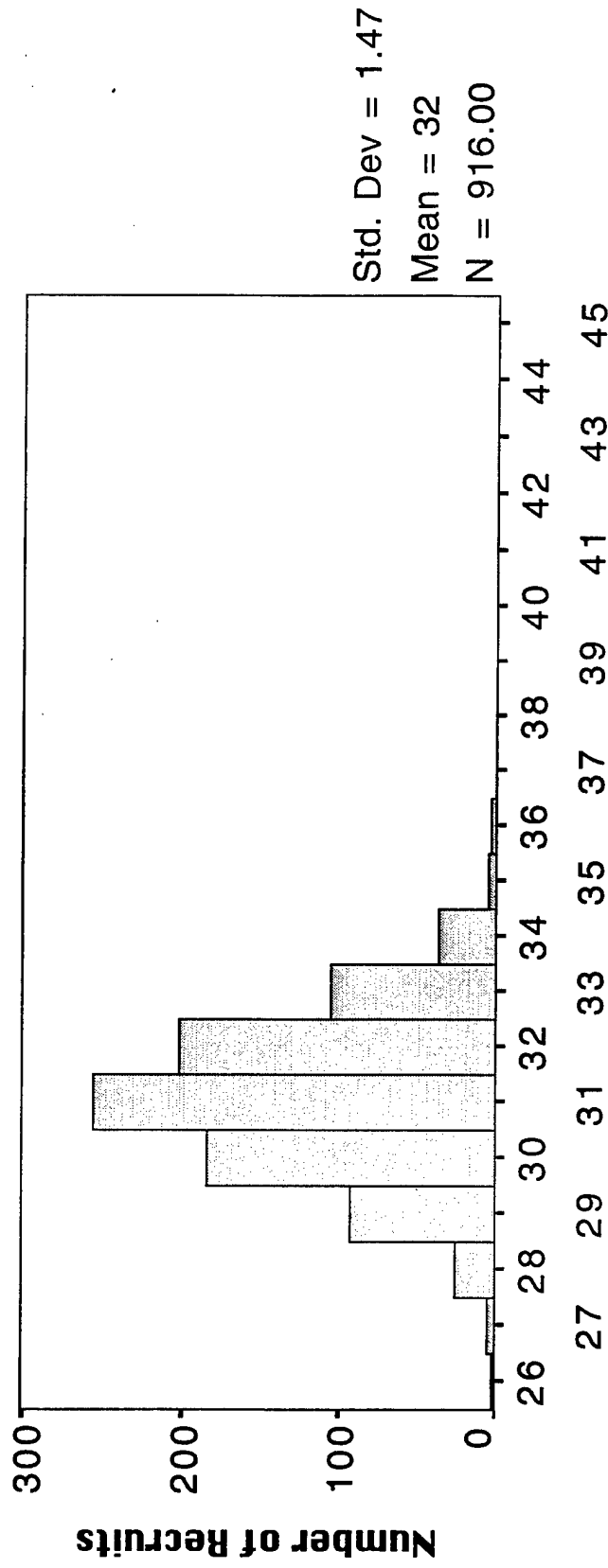
**Neck Measurement (cm)**

**FJ Charts:** FJ Neck – Female    1/27/97

**Neck Size Categories:** 26–26.99, 27–27.99, 28–28.99, ..., 45–45.99

**Number of Recruits**

23 Jan 97 SPSS for Macintosh Release 6.1

ABD_1   Average Waist Size Distribution for FEMALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 55-59.99 | 55.00 | 38 | 4.1 | 4.2 | 4.2 |
| 60-64.99 | 60.00 | 239 | 26.1 | 26.1 | 30.3 |
| 65-69.99 | 65.00 | 355 | 38.8 | 38.8 | 69.1 |
| 70-74.99 | 70.00 | 234 | 25.5 | 25.6 | 94.7 |
| 75-79.99 | 75.00 | 42 | 4.6 | 4.6 | 99.3 |
| 80-84.99 | 80.00 | 5 | .5 | .5 | 99.9 |
| 85-89.99 | 85.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for ANABDAVG:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 67.691 | Median | 67.550 | Mode | 65.470 |
| Std dev | 4.645 | Variance | 21.574 | Range | 32.100 |
| Minimum | 55.630 | Maximum | 87.730 | | |

* Multiple modes exist.   The smallest value is shown.

Valid cases   914   Missing cases   2

Note:   ANABDAVG is an average of three waist measurements

# FJ '88 WAIST SIZE DISTRIBUTION – FEMALE

Std. Dev = 4.64

Mean = 67.7

N = 914.00

**Number of Recruits**

400

300

200

100

0

57.5  62.5  67.5  72.5  77.5  82.5  87.5  92.5  97.5  102.5  107.5  112.5
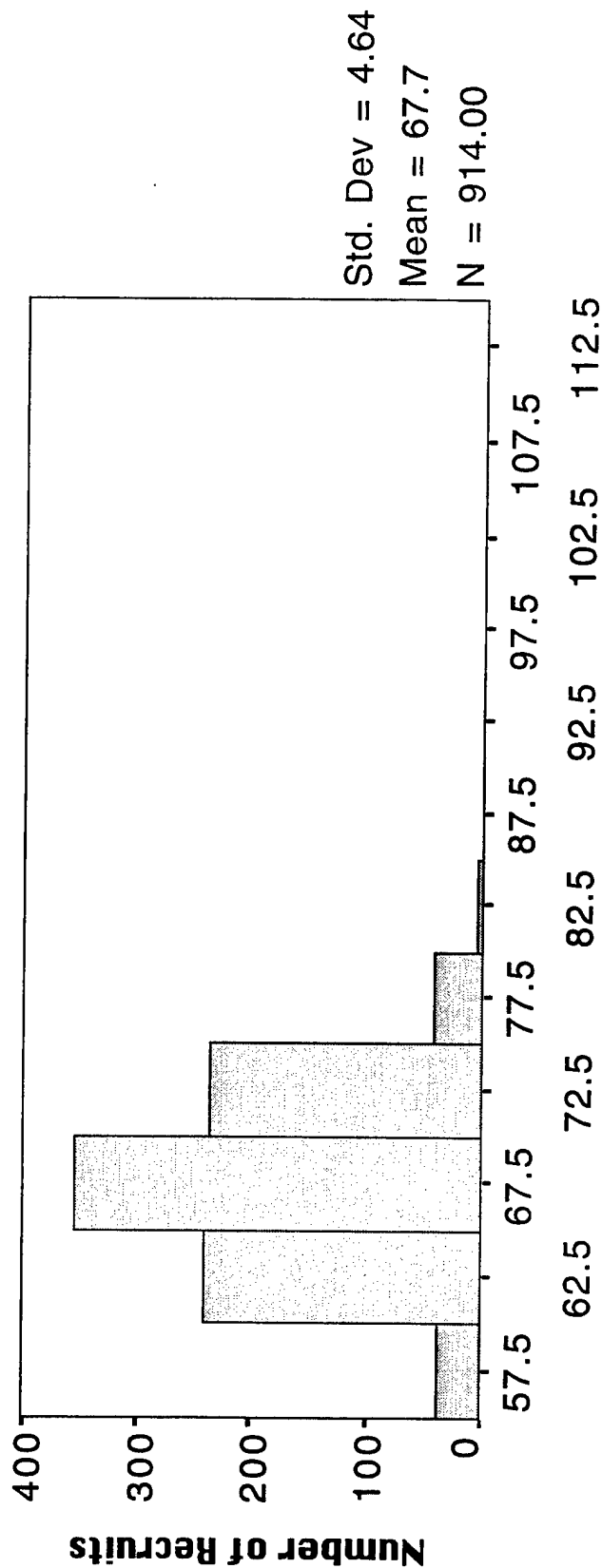
**Waist Size (cm)**

FJ Charts:FJ Abd – Female    1/27/97

Abdomen Size Categories: 55-59.99, 60-64.99, 65-69.99, ..., 110-114.99

23 Jan 97  SPSS for Macintosh Release 6.1

ARM_1    Average Arm Size Distribution for FEMALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent | |
|---|---|---|---|---|---|---|
| 15-15.99 | 15.00 | 1 | .1 | .1 | .1 | Note: Data above this line is not shown on graph |
| | | | | | | |
| 19-19.99 | 19.00 | 8 | .9 | .9 | 1.0 | |
| 20-20.99 | 20.00 | 47 | 5.1 | 5.1 | 6.1 | |
| 21-21.99 | 21.00 | 117 | 12.8 | 12.8 | 18.9 | |
| 22-22.99 | 22.00 | 237 | 25.9 | 25.9 | 44.8 | |
| 23-23.99 | 23.00 | 265 | 28.9 | 28.9 | 73.7 | |
| 24-24.99 | 24.00 | 188 | 20.5 | 20.5 | 94.2 | |
| 25-25.99 | 25.00 | 46 | 5.0 | 5.0 | 99.2 | |
| 26-26.99 | 26.00 | 6 | .7 | .7 | 99.9 | |
| | | | | | | |
| 34-35.99 | 34.00 | 1 | .1 | .1 | 100.0 | Note: Data below this line is not shown on graph |
| | | | | | | |
| | Total | 916 | 100.0 | 100.0 | | |

Statistics for ANARMAVG:

| | | | | |
|---|---|---|---|---|
| Mean | 23.077 | Median | 23.170 | Mode | 22.500 |
| Std dev | 1.372 | Variance | 1.882 | Range | 19.440 |
| Minimum | 15.130 | Maximum | 34.570 | | |

Valid cases    916    Missing cases    0

Note:  ANARMAVG is an average of three arm measurements

# FJ '88 ARM SIZE DISTRIBUTION - FEMALE

Std. Dev = 1.37

Mean = 23

N = 916.00

**Number of Recruits**

300

200

100

0

19  20  21  22  23  24  25  26
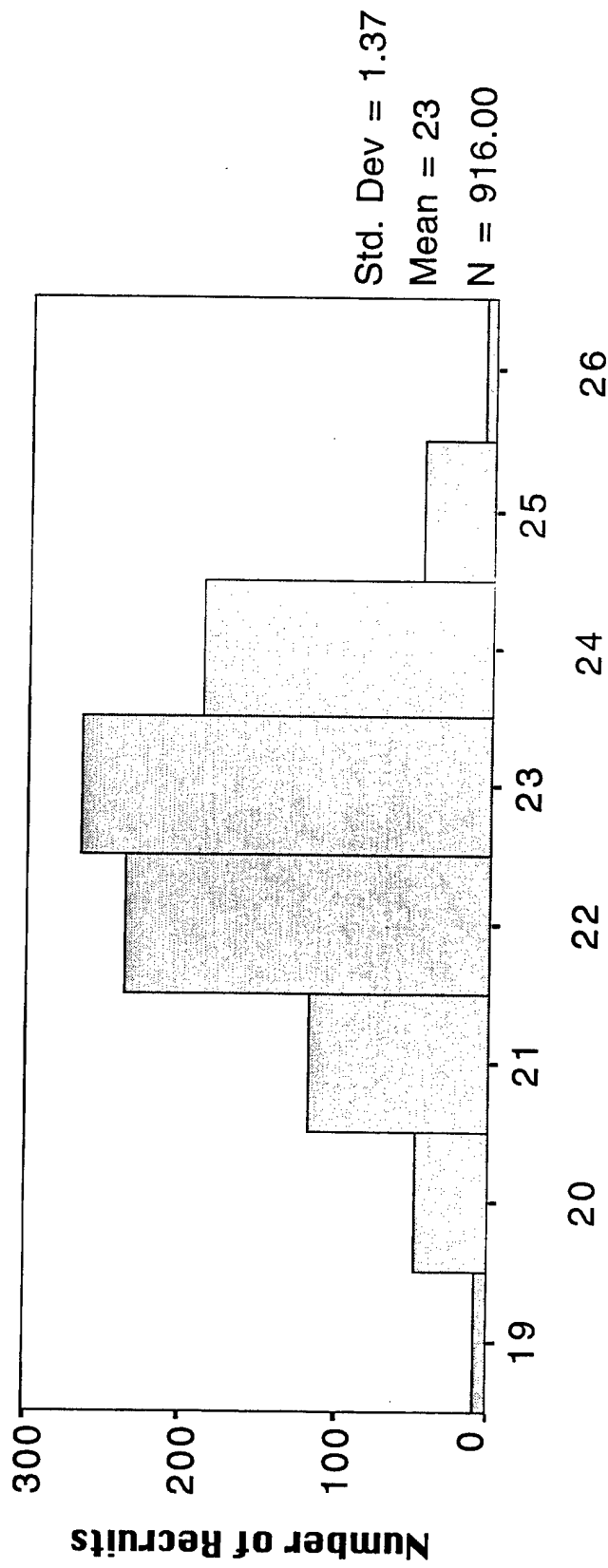
**Average Arm Size (cm)**

FJ Anthro File: FJ AnArm - Female    1/29/97

Arm Size Categories:   19-19.99, 20-20.99, 21-21.99, ..., 26-26.99

Wrist_1   Average Wrist Size Distribution for FEMALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 12.5-12.99 | 12.50 | 3 | .3 | .3 | .3 |
| 13.0-13.49 | 13.00 | 16 | 1.7 | 1.7 | 2.1 |
| 13.5-13.99 | 13.50 | 65 | 7.1 | 7.1 | 9.2 |
| 14.0-14.49 | 14.00 | 203 | 22.2 | 22.2 | 31.3 |
| 14.5-14.99 | 14.50 | 248 | 27.1 | 27.1 | 58.4 |
| 15.0-15.49 | 15.00 | 228 | 24.9 | 24.9 | 83.3 |
| 15.5-15.99 | 15.50 | 103 | 11.2 | 11.2 | 94.5 |
| 16.0-16.49 | 16.00 | 38 | 4.1 | 4.1 | 98.7 |
| 16.5-16.99 | 16.50 | 9 | 1.0 | 1.0 | 99.7 |
| 17.0-17.49 | 17.00 | 2 | .2 | .2 | 99.9 |
| 22.5-22.99 | 22.50 | 1 | .1 | .1 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Note: Data below this line is not shown on graph

Statistics for ANWRAVG:

| Mean | 14.843 | Median | 14.800 | Mode | 15.000 |
|---|---|---|---|---|---|
| Std dev | .730 | Variance | .533 | Range | 10.170 |
| Minimum | 12.600 | Maximum | 22.770 | | |

Valid cases   916   Missing cases   0

Note:   ANWRAVG is an average of three wrist measurements

# FJ '88 WRIST SIZE DISTRIBUTION – FEMALE

Std. Dev = .73
Mean = 15
N = 883.00

**Number of Recruits**

300

200

100

0

12   13   14   15   16   17   18   19   20   21   22
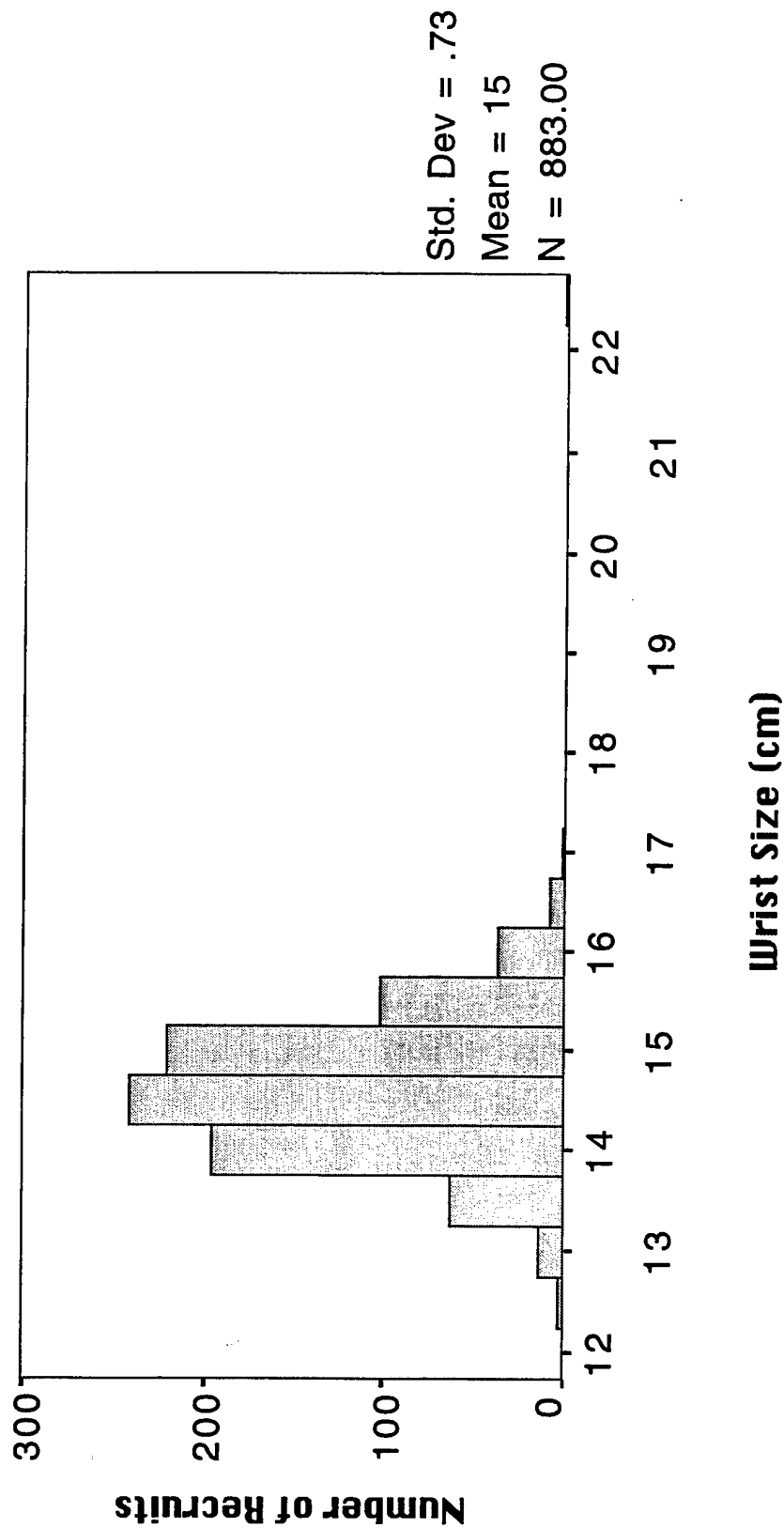
**Wrist Size (cm)**

**FJ Charts:FJ Wrist – Female**

**Wrist Size Categories:**   12–12.49, 12.5–12.99, 13–13.49, …, 22.5–22.99

23 Jan 97 SPSS for Macintosh Release 6.1

Hip_1    Average Hip Size Distribution for FEMALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 62-63.99 | 62.00 | 1 | .1 | .1 | .1 |
| 74-75.99 | 74.00 | 1 | .1 | .1 | .2 |
| 78-79.99 | 78.00 | 1 | .1 | .1 | .3 |
| 80-81.99 | 80.00 | 5 | .5 | .5 | .9 |
| 82-83.99 | 82.00 | 25 | 2.7 | 2.7 | 3.6 |
| 84-85.99 | 84.00 | 37 | 4.0 | 4.0 | 7.7 |
| 86-87.99 | 86.00 | 71 | 7.8 | 7.8 | 15.4 |
| 88-89.99 | 88.00 | 77 | 8.4 | 8.4 | 23.9 |
| 90-91.99 | 90.00 | 88 | 9.6 | 9.6 | 33.5 |
| 92-93.99 | 92.00 | 131 | 14.3 | 14.3 | 47.8 |
| 94-95.99 | 94.00 | 132 | 14.4 | 14.4 | 62.3 |
| 96-97.99 | 96.00 | 144 | 15.7 | 15.8 | 78.0 |
| 98-99.99 | 98.00 | 102 | 11.1 | 11.2 | 89.2 |
| 100-101.99 | 100.00 | 55 | 6.0 | 6.0 | 95.2 |
| 102-103.99 | 102.00 | 25 | 2.7 | 2.7 | 97.9 |
| 104-105.99 | 104.00 | 13 | 1.4 | 1.4 | 99.3 |
| 106-107.99 | 106.00 | 4 | .4 | .4 | 99.8 |
| 108-109.99 | 108.00 | 1 | .1 | .1 | 99.9 |
| 110-111.99 | 110.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for ANHIPAVG:

| Mean | 93.819 | Median | 94.230 | Mode | 93.330 |
|---|---|---|---|---|---|
| Std dev | 5.318 | Variance | 28.286 | Range | 47.330 |
| Minimum | 62.670 | Maximum | 110.000 | | |

Valid cases    914    Missing cases    2

Note:  ANHIPAVG  is an average of three hip measurements

FJ '88 HIP SIZE DISTRIBUTION - FEMALE

Std. Dev = 5.32
Mean = 94
N = 914.00

Number of Recruits
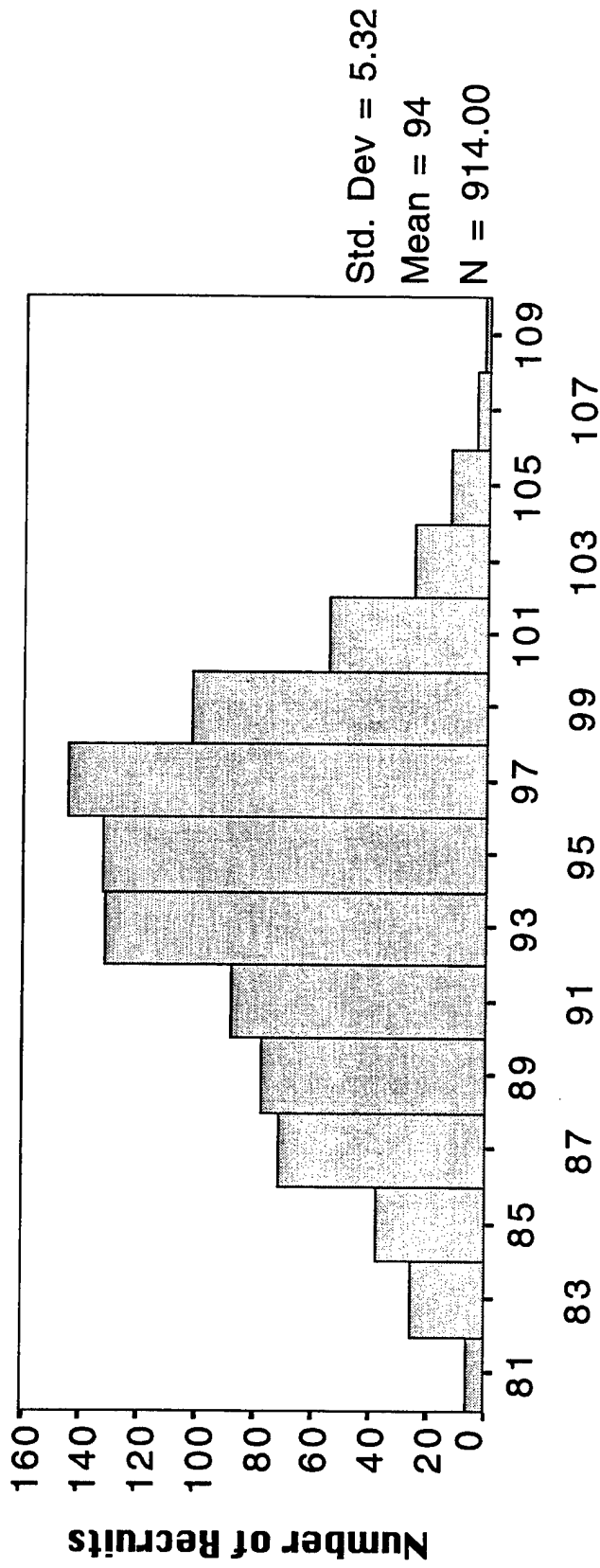
Hip Size (cm)

FJ Charts:FJ Hip - Female   1/29/97

Hip Size Categories: 80-81.99, 82-83.99, 84-85.99, ..., 108-109.99

23 Jan 97 SPSS for Macintosh Release 6.1

Strength_1    Grip Test Strength for FEMALE recruits:

|  | | | | Valid | Cum |
| Value Label | Value | Frequency | Percent | Percent | Percent |
|---|---|---|---|---|---|
| 20-29.99 | 20.00 | 1 | .1 | .1 | .1 |
| 30-39.99 | 30.00 | 14 | 1.5 | 1.6 | 1.7 |
| 40-49.99 | 40.00 | 51 | 5.6 | 5.7 | 7.3 |
| 50-59.99 | 50.00 | 177 | 19.3 | 19.6 | 26.9 |
| 60-69.99 | 60.00 | 276 | 30.1 | 30.6 | 57.5 |
| 70-79.99 | 70.00 | 225 | 24.6 | 24.9 | 82.5 |
| 80-89.99 | 80.00 | 115 | 12.6 | 12.7 | 95.2 |
| 90-99.99 | 90.00 | 28 | 3.1 | 3.1 | 98.3 |
| 100-109.99 | 100.00 | 11 | 1.2 | 1.2 | 99.6 |
| 110-119.99 | 110.00 | 4 | .4 | .4 | 100.0 |
| Missing | . | 14 | 1.5 | Missing | |
|  | | ------- | ------- | ------- | |
|  | Total | 916 | 100.0 | 100.0 | |

Statistics for ANSTRAVG:

| Mean | 67.972 | Median | 67.330 | Mode | 67.000 |
|---|---|---|---|---|---|
| Std dev | 13.362 | Variance | 178.534 | Range | 88.660 |
| Minimum | 27.670 | Maximum | 116.330 | | |

Valid cases    902    Missing cases    14

Note: ANSTRAVG is an average of three strength measurements.

FJ '88 STRENGTH DISTRIBUTION – FEMALE

Number of Recruits

Grip Strength Test (lbs)

Std. Dev = 13.36
Mean = 68
N = 902.00
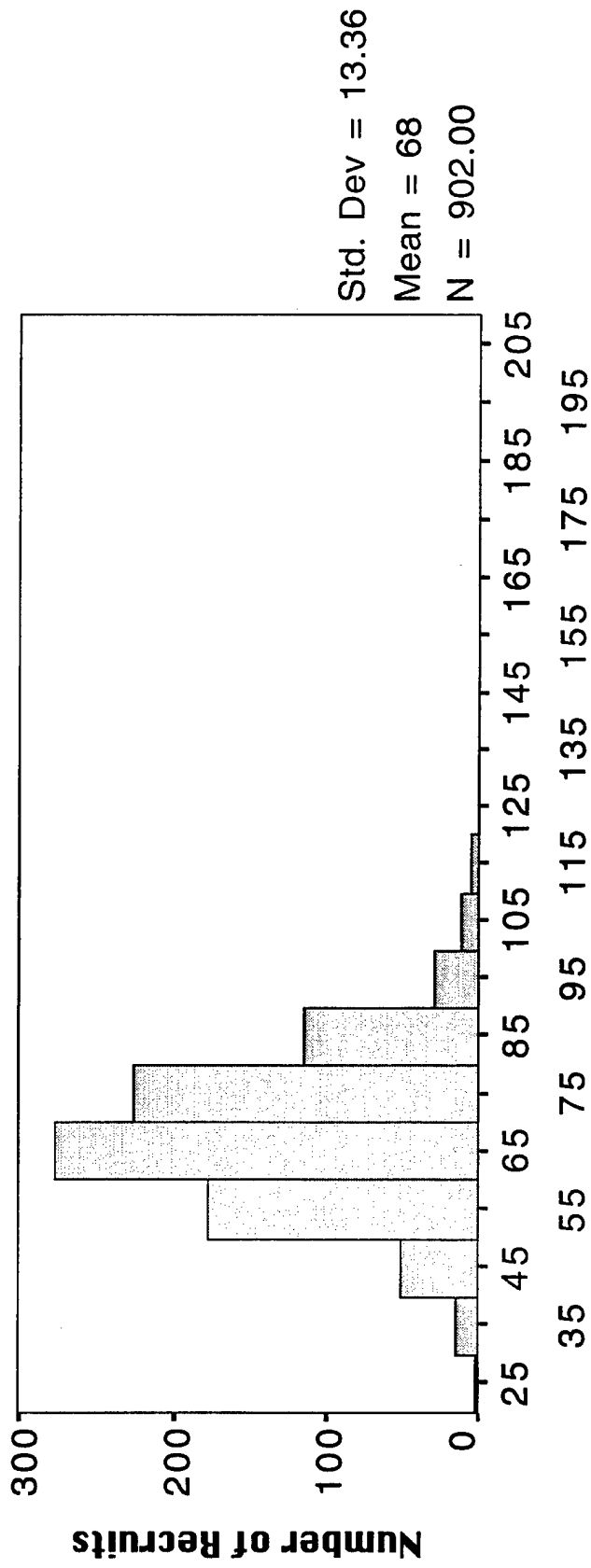
FJ Charts:FJ Strength – Female    1/27/97

Strength Categories:  20–29.99, 30–39.99, 40–49.99, ..., 200–209.99

23 Jan 97 SPSS for Macintosh Release 6.1

FLXAVG_1    Flexibility of FEMALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 8-9.99 | 8.00 | 3 | .3 | .3 | .3 |
| 10-11.99 | 10.00 | 1 | .1 | .1 | .4 |
| 12-13.99 | 12.00 | 3 | .3 | .3 | .8 |
| 14-15.99 | 14.00 | 1 | .1 | .1 | .9 |
| 16-17.99 | 16.00 | 4 | .4 | .4 | 1.3 |
| 18-19.99 | 18.00 | 6 | .7 | .7 | 2.0 |
| 20-21.99 | 20.00 | 10 | 1.1 | 1.1 | 3.1 |
| 22-23.99 | 22.00 | 26 | 2.8 | 2.8 | 5.9 |
| 24-25.99 | 24.00 | 35 | 3.8 | 3.8 | 9.7 |
| 26-27.99 | 26.00 | 42 | 4.6 | 4.6 | 14.3 |
| 28-29.99 | 28.00 | 66 | 7.2 | 7.2 | 21.6 |
| 30-31.99 | 30.00 | 97 | 10.6 | 10.6 | 32.2 |
| 32-33.99 | 32.00 | 122 | 13.3 | 13.3 | 45.5 |
| 34-35.99 | 34.00 | 129 | 14.1 | 14.1 | 59.6 |
| 36-37.99 | 36.00 | 124 | 13.5 | 13.6 | 73.2 |
| 38-39.99 | 38.00 | 102 | 11.1 | 11.2 | 84.4 |
| 40-41.99 | 40.00 | 69 | 7.5 | 7.5 | 91.9 |
| 42-43.99 | 42.00 | 39 | 4.3 | 4.3 | 96.2 |
| 44-45.99 | 44.00 | 21 | 2.3 | 2.3 | 98.5 |
| 46-47.99 | 46.00 | 11 | 1.2 | 1.2 | 99.7 |
| 48-49.99 | 48.00 | 2 | .2 | .2 | 99.9 |
| 54-55.99 | 54.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for ANFLXAVG:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 34.152 | Median | 34.635 | Mode | 35.170 |
| Std dev | 6.109 | Variance | 37.317 | Range | 45.530 |
| Minimum | 9.000 | Maximum | 54.530 | | . |

* Multiple modes exist. The smallest value is shown.

Valid cases    914    Missing cases    2

Note:  ANFLXAVG is an average of three flexibility measurements

Note: Data below this
line is not shown on graph

# FJ '88 FLEXIBILITY DISTRIBUTION – FEMALE



Std. Dev = 6.11

Mean = 34

N = 914.00

**Flexibility (cm)**

**Number of Recruits**
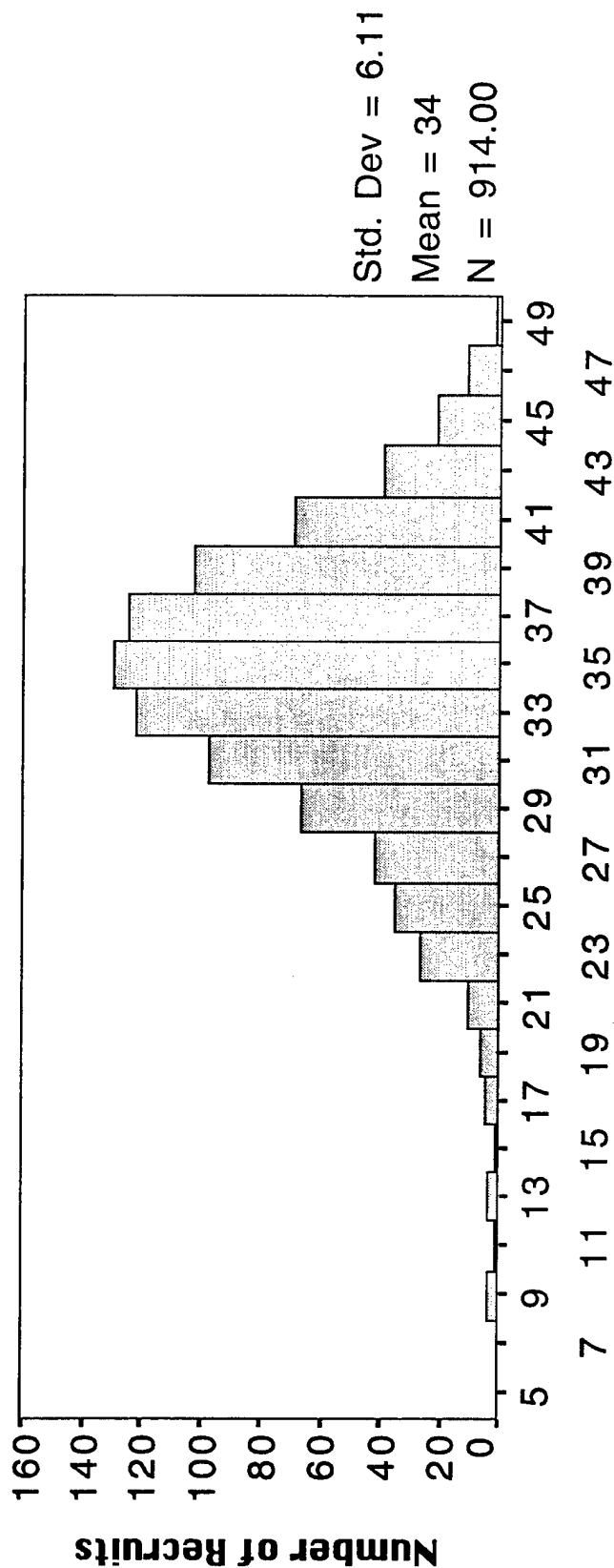
FJ Charts:FJ Flex – Female   1/27/97

Flexibility Categories: 4–5.99, 6–7.99, 8–9.99, ..., 48–49.99

23 Jan 97 SPSS for Macintosh Release 6.1

MH_SMK   Recruit Smoked Within Past Year(FEMALE)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 369 | 40.3 | 40.3 | 40.3 |
| NO | 2 | 546 | 59.6 | 59.7 | 100.0 |
| UNKNOWN | 0 | 1 | .1 | Missing | |
| | | ------ | ------ | ------ | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases   915   Missing cases   1

Actual Question Asked:   Have you smoked one or more cigarettes in the past year?

# FJ '88 SMOKING DISTRIBUTION – FEMALE

**Number of Recruits**

600 — 500 — 400 — 300 — 200 — 100 — 0

369 (YES)

546 (NO)

**Recruit Smoked Within Past Year**

FJ Charts: FJ Smoke – Female   1/28/97

FJ Smoke – Female
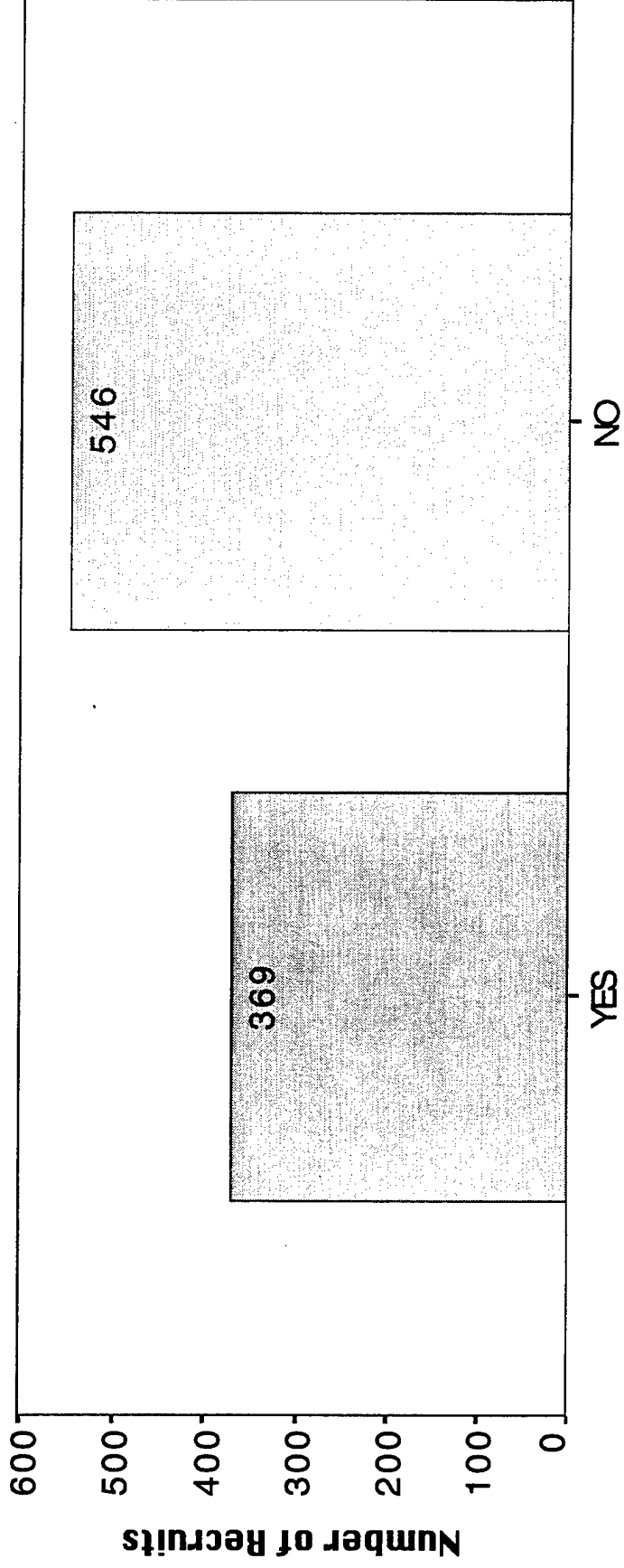
27 Jan 96 SPSS 6.1 for the Power Macintosh

YRSMK    Number of years smoked(FEMALES)

|  |  |  |  | Valid | Cum |
| Value Label | Value | Frequency | Percent | Percent | Percent |
|---|---|---|---|---|---|
| 0-.9 | 0 | 1 | .1 | .3 | .3 |
| 1-1.9 | 1 | 93 | 10.2 | 25.9 | 26.2 |
| 2-2.9 | 2 | 45 | 4.9 | 12.5 | 38.7 |
| 3-3.9 | 3 | 35 | 3.8 | 9.7 | 48.5 |
| 4-4.9 | 4 | 30 | 3.3 | 8.4 | 56.8 |
| 5-5.9 | 5 | 34 | 3.7 | 9.5 | 66.3 |
| 6-6.9 | 6 | 29 | 3.2 | 8.1 | 74.4 |
| 7-7.9 | 7 | 28 | 3.1 | 7.8 | 82.2 |
| 8-8.9 | 8 | 11 | 1.2 | 3.1 | 85.2 |
| 9-9.9 | 9 | 5 | .5 | 1.4 | 86.6 |
| 10-10.9 | 10 | 23 | 2.5 | 6.4 | 93.0 |
| 11-11.9 | 11 | 4 | .4 | 1.1 | 94.2 |
| 12-12.9 | 12 | 5 | .5 | 1.4 | 95.5 |
| 13-13.9 | 13 | 3 | .3 | .8 | 96.4 |
| 14-14.9 | 14 | 1 | .1 | .3 | 96.7 |
| 15-15.9 | 15 | 5 | .5 | 1.4 | 98.1 |
| 17-17.9 | 17 | 4 | .4 | 1.1 | 99.2 |
| 20-20.9 | 20 | 1 | .1 | .3 | 99.4 |
| 25-25.9 | 25 | 2 | .2 | .6 | 100.0 |
| Missing | . | 557 | 60.8 | Missing | |
|  | Total | 916 | 100.0 | 100.0 | |

Statistics for MH_YRSMK:

| Mean | 4.696 | Median | 4.000 | Mode | 1.000 |
| Std dev | 3.985 | Variance | 15.884 | Range | 24.500 |
| Minimum | .500 | Maximum | 25.000 | | |

Valid cases    359    Missing cases    557

Note:  Actual Question Asked:    How many years have you smoked one or more cigarettes?

# FJ '88 YEARS SMOKED DISTRIBUTION - FEMALE

Number of Recruits

100
80
60
40
20
0

Std. Dev = 3.99
Mean = 5
N = 359.00

Number of Years Smoked

0  1  2  3  4  5  6  7  8  9  10  11  12  13  14  15  16  17  18  19  20  21  22  23  24  25
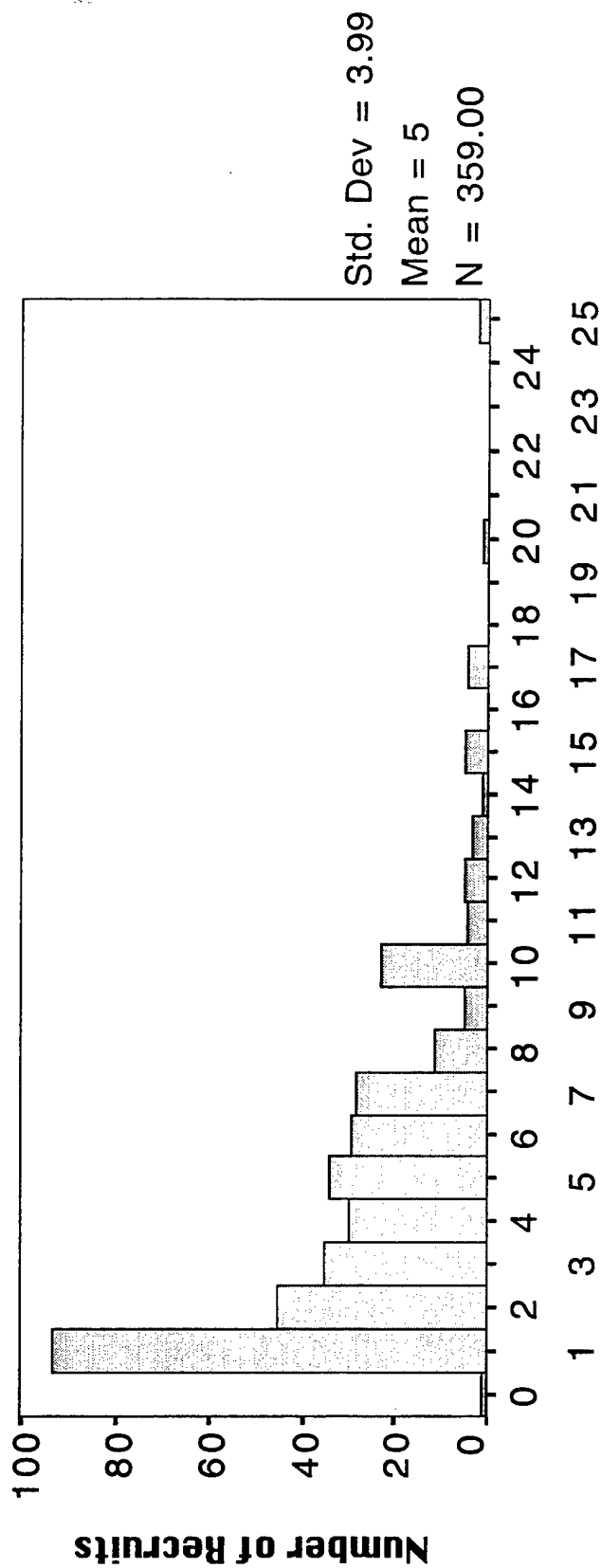
FJ Charts:FJ YrsSmoke – Female    1/27/97

YrsSmoke Categories: 0-0.99, 1-1.99, 2-2.99, ..., 25-25.99

05 Feb 97  SPSS for Macintosh Release 6.1

CIG_DAY   Number of Cigarettes Smoked per day (FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Didn't Smoke | 1 | 389 | 42.5 | 54.5 | 54.5 |
| < 10 cig/day | 2 | 127 | 13.9 | 17.8 | 72.3 |
| 10-19 cig/day | 3 | 89 | 9.7 | 12.5 | 84.7 |
| 20-29 cig/day | 4 | 84 | 9.2 | 11.8 | 96.5 |
| 30 or More cig/day | 5 | 25 | 2.7 | 3.5 | 100.0 |
| Missing | . | 202 | 22.1 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases   714   Missing cases   202

Actual Question Asked:   In the one month before coming in the Army, on the average, how many cigarettes did you smoke each day?

# FJ 88' SMOKING DISTRIBUTION – FEMALE

Number of Recruits (y-axis): 0, 20, 40, 60, 80

Number of Cigarettes Smoked per day (x-axis): 0, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60

Std. Dev = 10.36

Mean = 13

N = 325.00
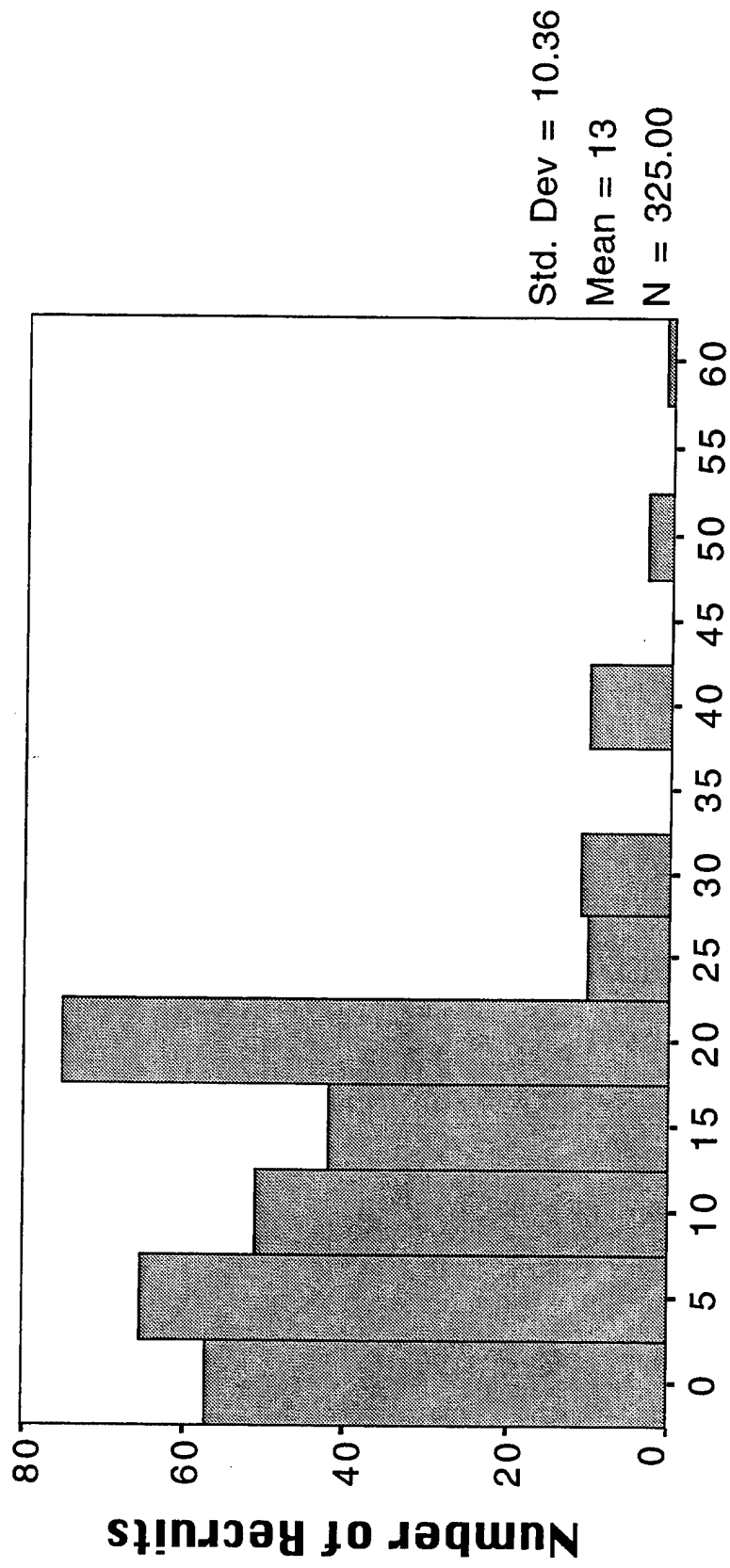
FJ Charts: FJ MH_CIG_D-Female    2/5/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_HOSP    Recruit had history of hospitalization (FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 94 | 10.3 | 10.3 | 10.3 |
| NO | 2 | 822 | 89.7 | 89.7 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

Actual Question Asked:    Have you ever had an injury that caused you to be hospitalized overnight?

# FJ '88 HISTORY OF HOSPITALIZATION DISTRIBUTION – FEMALE

Number of Recruits

1200 — 1000 — 800 — 600 — 400 — 200 — 0

822

94

YES          NO
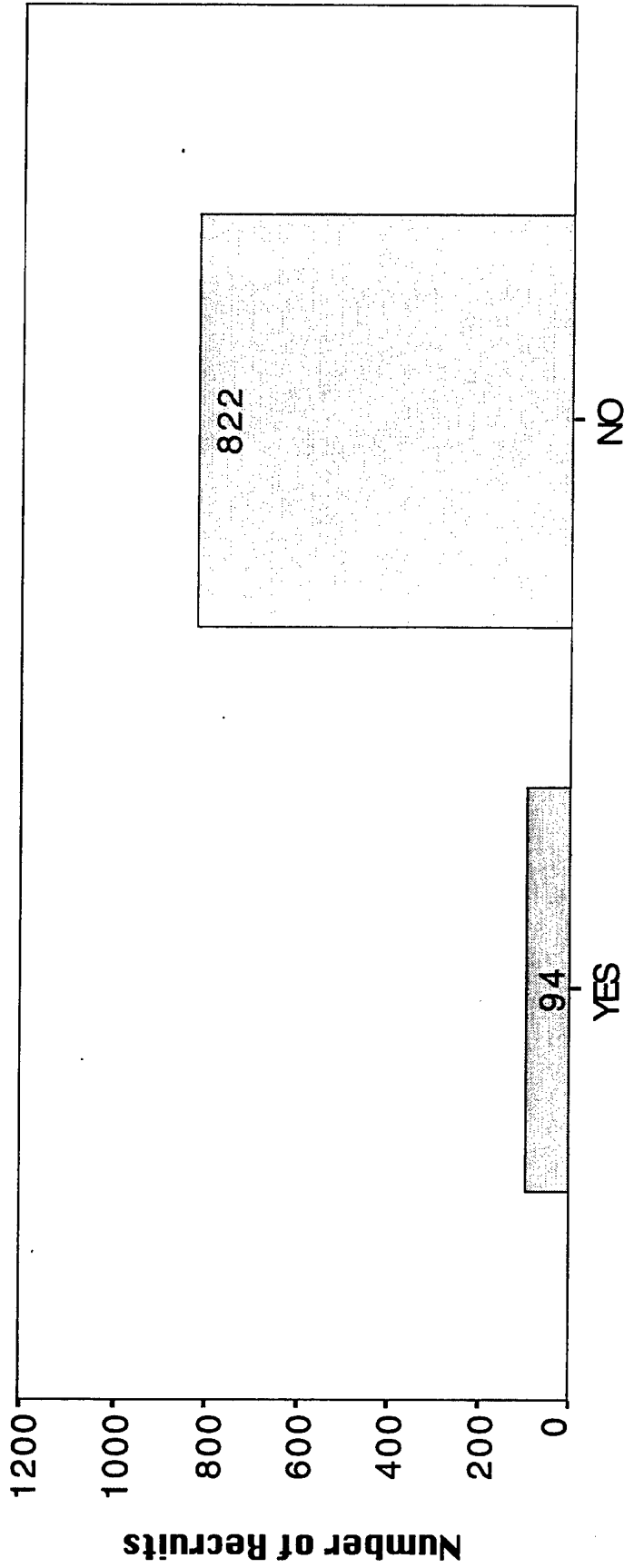
**Recruit Had History of Hospitalization**

FJ Charts: FJ Hosp – Female    1/27/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_SFX    Recruit had history of Stress FX(FEMALES)

|  |  |  |  | Valid | Cum |
| Value Label | Value | Frequency | Percent | Percent | Percent |
|---|---|---|---|---|---|
| YES | 1 | 11 | 1.2 | 1.2 | 1.2 |
| NO | 2 | 905 | 98.8 | 98.8 | 100.0 |
|  |  | ----- | ----- | ----- |  |
|  | Total | 916 | 100.0 | 100.0 |  |

Valid cases    916    Missing cases    0

**FJ '88 PREVIOUS STRESS FX DISTRIBUTION – FEMALE**

Number of Recruits

905

YES   NO
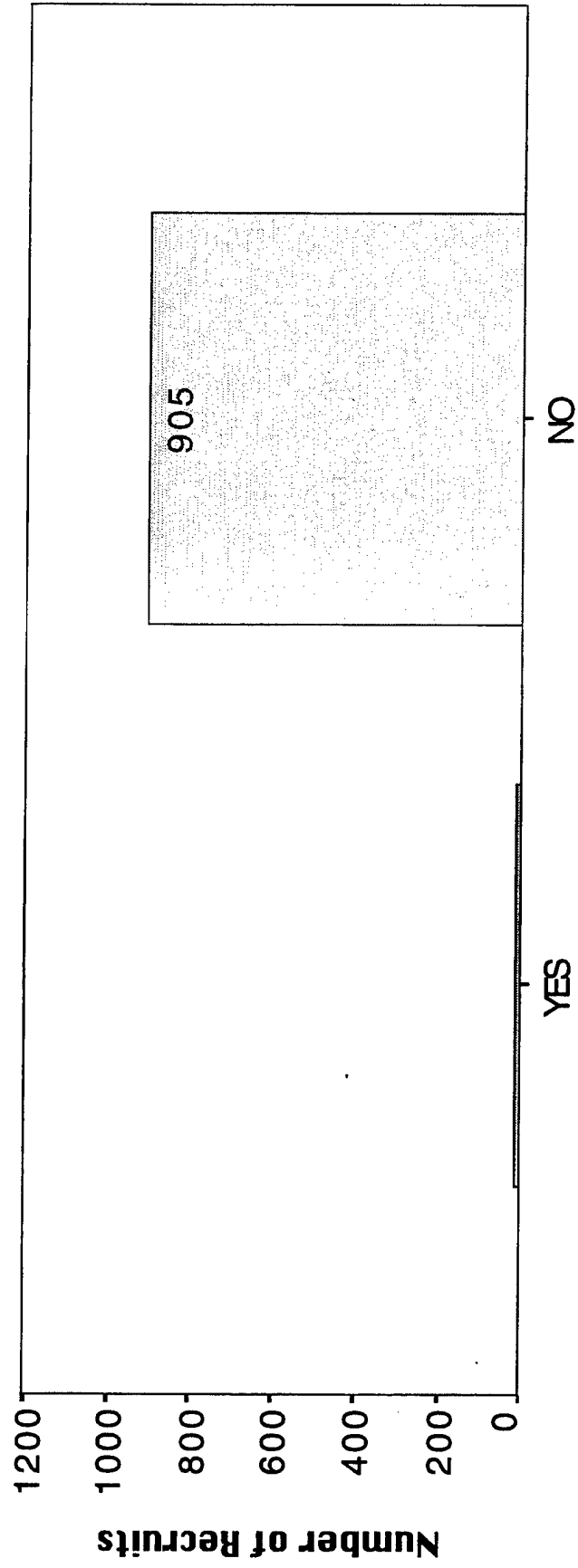
**Recruit had History of Stress Fracture**

FJ Charts: FJ StrFx – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_SURG    Recruit had history of Surgery (FEMALES)

|  |  |  |  | Valid | Cum |
|---|---|---|---|---|---|
| Value Label | Value | Frequency | Percent | Percent | Percent |
| YES | 1 | 128 | 14.0 | 14.0 | 14.0 |
| NO | 2 | 788 | 86.0 | 86.0 | 100.0 |
|  |  | ------- | ------- | ------- |  |
|  | Total | 916 | 100.0 | 100.0 |  |

Valid cases    916    Missing cases    0

Actual Question Asked: Have you ever had an injury that required surgery to repair the damage?

# FJ '88 HISTORY OF SURGERY DISTRIBUTION – FEMALE



**Number of Recruits**

1200
1000
800
600
400
200
0

788

128

YES

NO
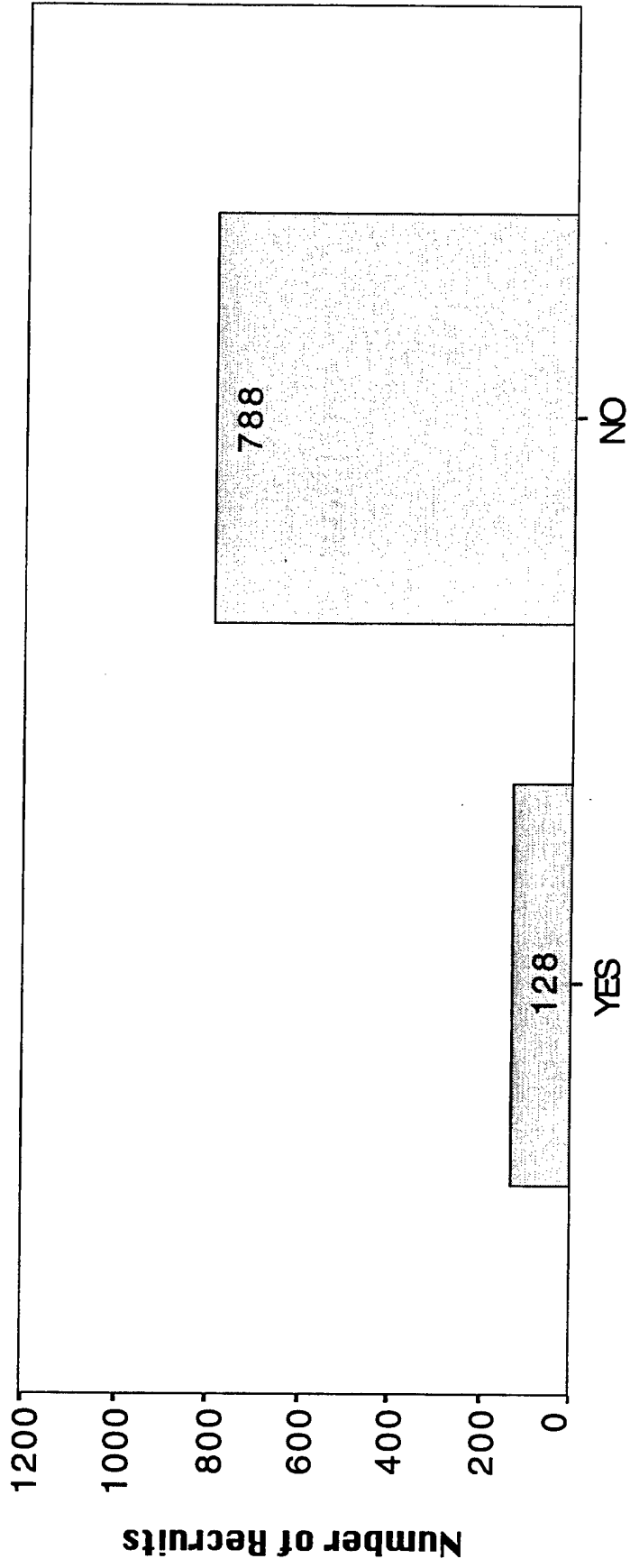
**Recruit Had History of Surgery**

**FJ Charts: FJ Surgery – Female   1/28/97**

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_FLU   Recruit had cold or flu within past two weeks (FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 272 | 29.7 | 29.7 | 29.7 |
| NO | 2 | 644 | 70.3 | 70.3 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

Actual Question Asked:   Have you had a cold or flu in the past two weeks?

# FJ '88 FLU DISTRIBUTION – FEMALE

**Number of Recruits**

1400
1200
1000
800
600
400
200
0

272

YES

644

NO

**Had Cold or Flu Within Past Two Weeks**

**FJ Charts:FJ Flu – Female    1/28/97**
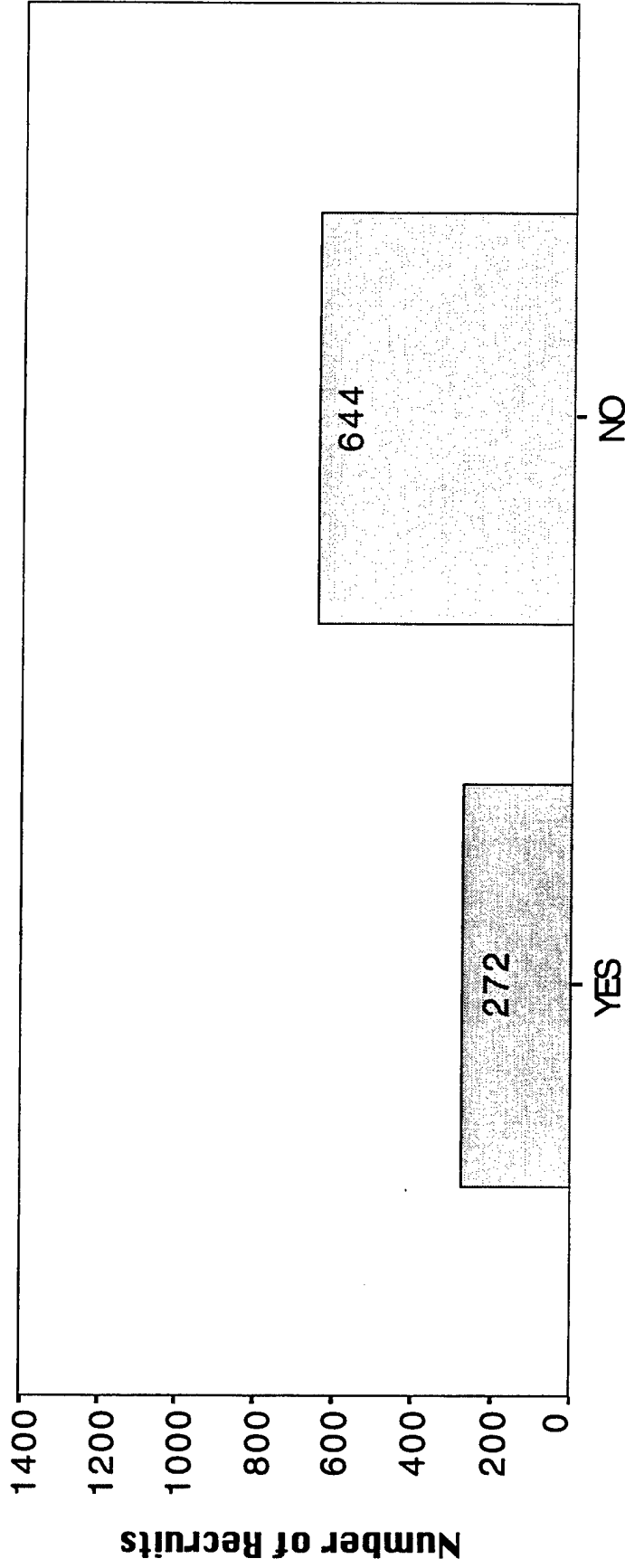
27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_FEV   Recruit had a fever within past two weeks (FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 119 | 13.0 | 13.0 | 13.0 |
| NO | 2 | 797 | 87.0 | 87.0 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

# FJ '88 FEVER DISTRIBUTION – FEMALE

**Number of Recruits**

1400 — 1200 — 1000 — 800 — 600 — 400 — 200 — 0

119  YES

797  NO
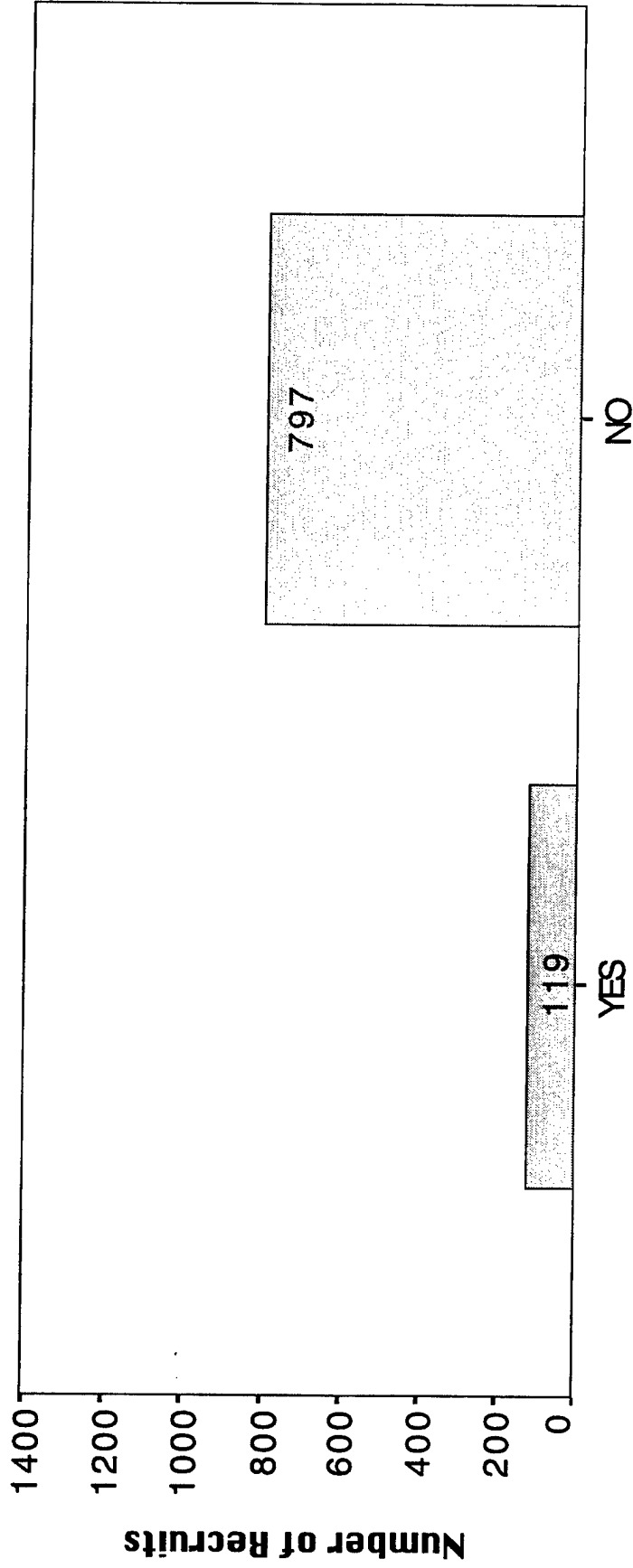
## Had a Fever Within Past Two Weeks

FJ Charts: FJ Fever – Female   1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

HH_NVD    Recruit had Nausea/Vomiting/Diarrhea within past two weeks(FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 164 | 17.9 | 17.9 | 17.9 |
| NO | 2 | 752 | 82.1 | 82.1 | 100.0 |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

Actual Question Asked:    Have you had nausea with vomiting and/or diarrhea
                          in the past two weeks (not associated with drinking)?

# FJ '88 NUD DISTRIBUTION – FEMALE

**Number of Recruits**

164 — YES

752 — NO
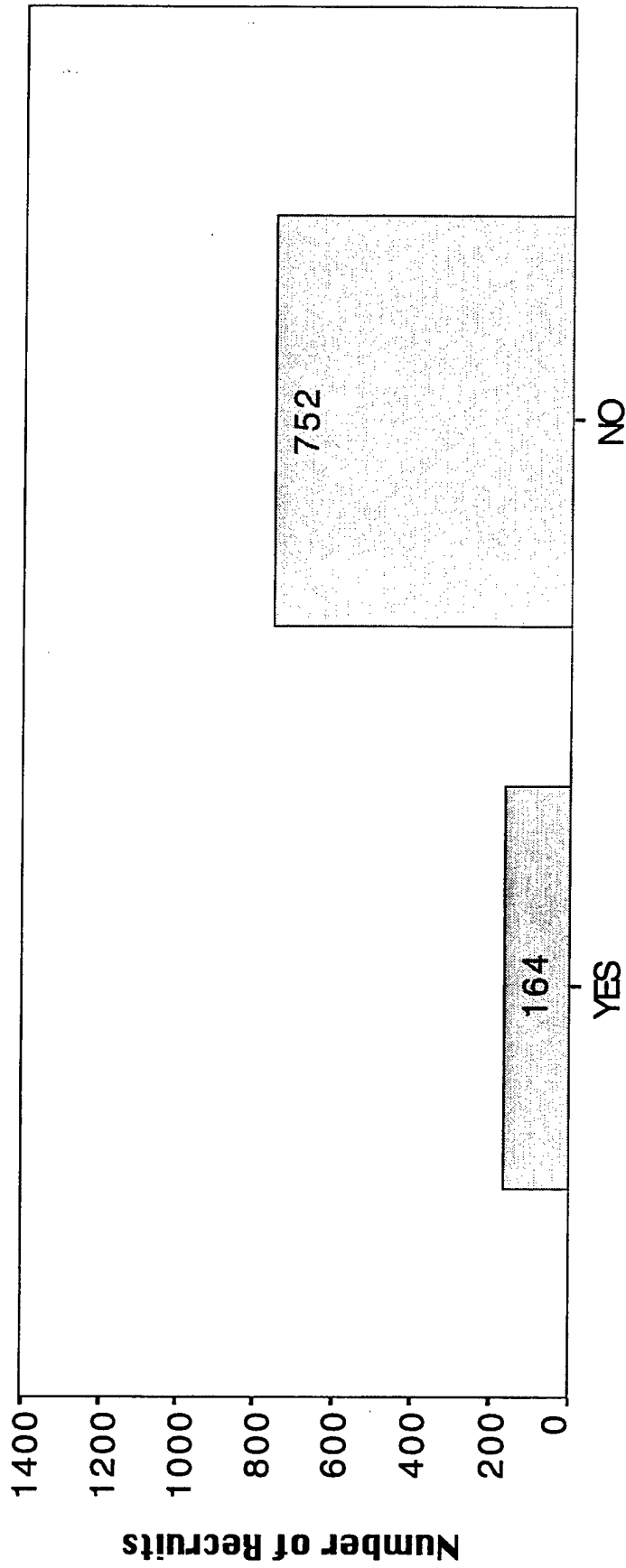
**Had Nausea/Vomiting/Diarrhea Within Past Two Weeks**

FJ Charts: FJ NUD – Female     1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

GACLVCD    Overall Physical Activity Level(FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Inactive | 1 | 20 | 2.2 | 2.2 | 2.2 |
| Not Very Active | 2 | 127 | 13.9 | 13.9 | 16.1 |
| Average | 3 | 390 | 42.6 | 42.7 | 58.8 |
| Active | 4 | 260 | 28.4 | 28.5 | 87.3 |
| Very Active | 5 | 116 | 12.7 | 12.7 | 100.0 |
| Unknown | 0 | 3 | .3 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    913    Missing cases    3

Actual Question Asked:    In regard to overall physical activity, how would you describe your life before coming into the Army?

# FJ '88 ACTIVITY LEVEL DISTRIBUTION - FEMALE
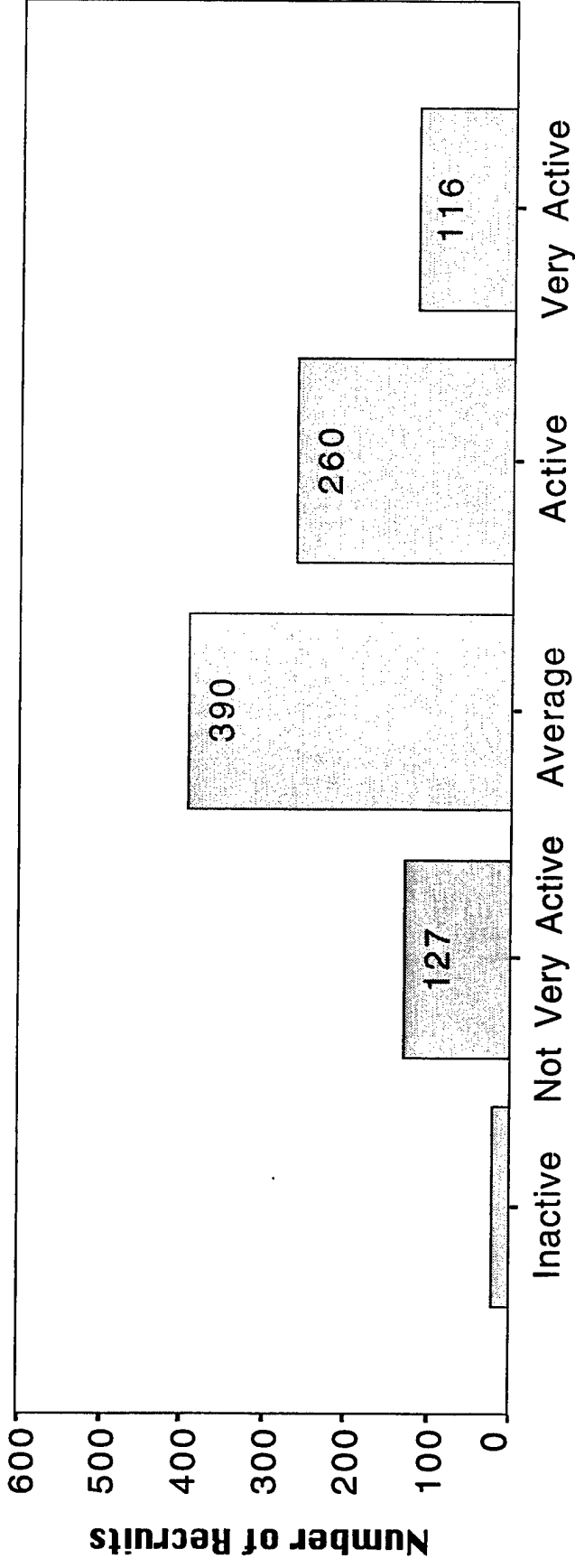
**Overall Physical Activity Level**

FJ Charts: FJ Act Lvl - Female    1/24/97

Number of Recruits

- Inactive
- Not Very Active: 127
- Average: 390
- Active: 260
- Very Active: 116

600 500 400 300 200 100 0

27 Jan 96 SPSS 6.1 for the Power Macintosh

G_FLCODE   Fitness Level Distribution(FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Poor | 1 | 12 | 1.3 | 1.3 | 1.3 |
| Below Average | 2 | 120 | 13.1 | 13.1 | 14.4 |
| Average | 3 | 587 | 64.1 | 64.2 | 78.7 |
| Above Average | 4 | 172 | 18.8 | 18.8 | 97.5 |
| Excellent | 5 | 23 | 2.5 | 2.5 | 100.0 |
| Unknown | 0 | 2 | .2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Missing cases      2

Valid cases   914

Actual Question Asked:   How would you describe your current physical fitness compared to others of your age and sex?

# FJ '88 FITNESS DISTRIBUTION - FEMALE

**Number of Recruits**

800 700 600 500 400 300 200 100 0

- Poor
- Below Average — 120
- Average — 587
- Above Average — 172
- Excellent

**Physical Fitness Level**
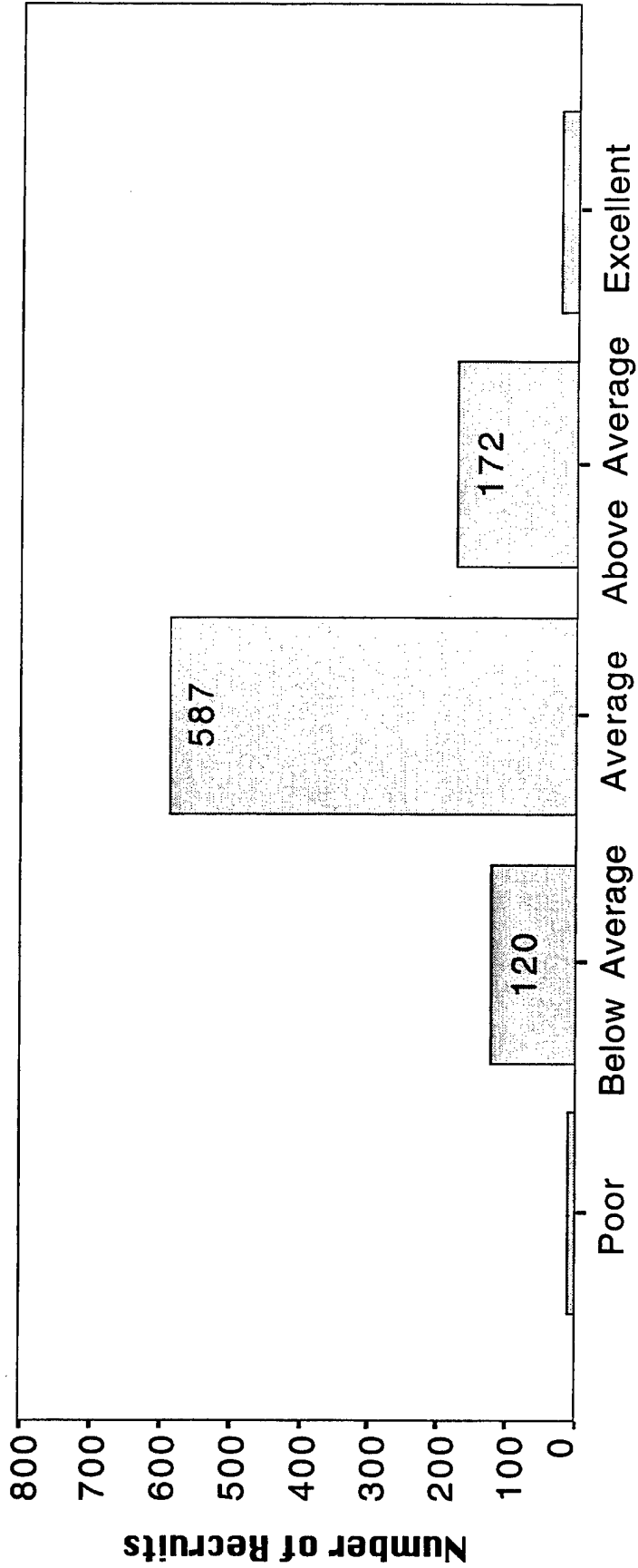
FJ Charts: FJ Fitness - Female   1/27/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

GWRKALCD Occupational Activity Level Distribution(FEMALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Sedentary | 1 | 284 | 31.0 | 31.7 | 31.7 |
| Light Work | 2 | 422 | 46.1 | 47.2 | 78.9 |
| Medium Work | 3 | 143 | 15.6 | 16.0 | 94.9 |
| Heavy Work | 4 | 30 | 3.3 | 3.4 | 98.2 |
| Very Heavy Work | 5 | 16 | 1.7 | 1.8 | 100.0 |
| Unknown | 0 | 21 | 2.3 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    895    Missing cases    21

Actual Question Asked:    During the last year would you describe the amount of physical activity required by your normal occupation.

# FJ '88 WORK ACTIVITY DISTRIBUTION – FEMALE

Number of Recruits

500 — 400 — 300 — 200 — 100 — 0

- Sedentary: 284
- Light Work: 422
- Medium Work: 143
- Heavy Work
- Very Heavy Work
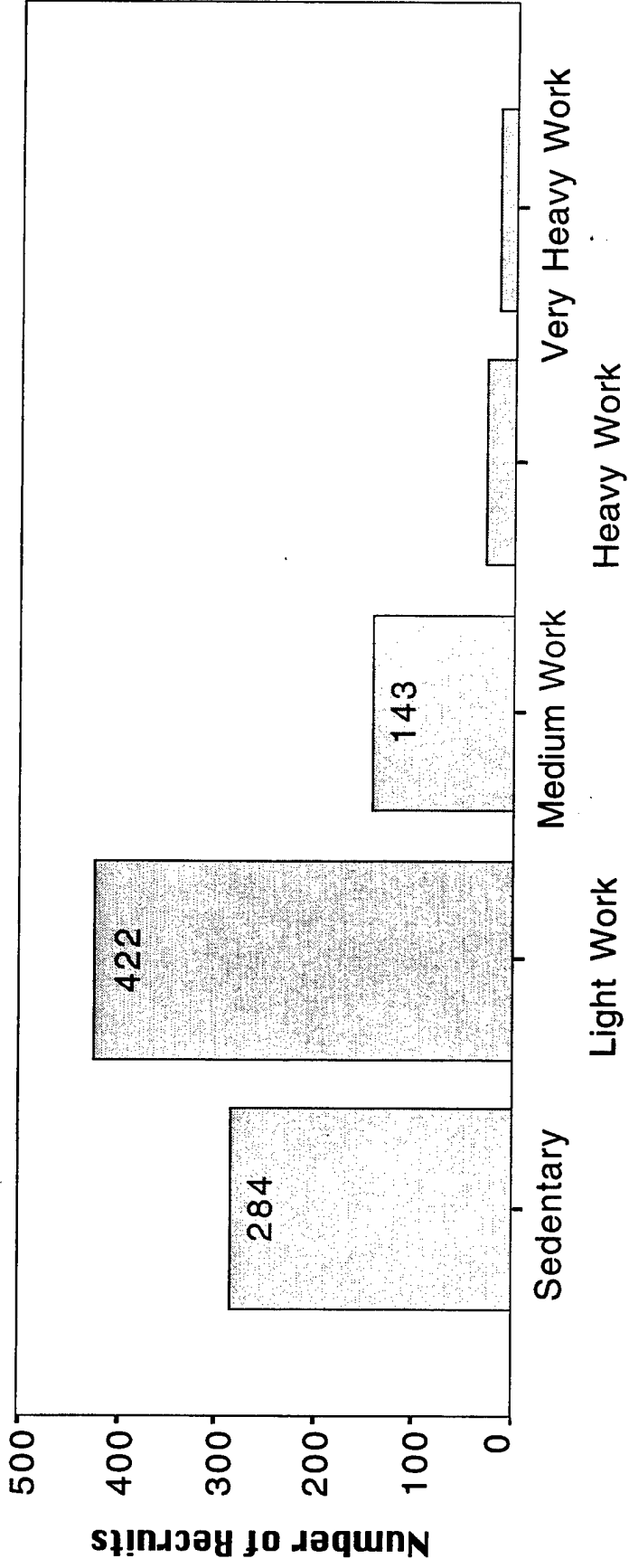
**Occupational Activity Level**

FJ Charts: FJ Work Act Lvl – Female    1/28/97

27 Jan 96 SPSS 6.1 for the Power Macintosh

MH_EX_CD  Exercise Distribution for Female Recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| NONE | 1 | 102 | 11.1 | 11.1 | 11.1 |
| < 1/WK | 2 | 88 | 9.6 | 9.6 | 20.7 |
| 1/WK | 3 | 131 | 14.3 | 14.3 | 35.0 |
| 2-3/WK | 4 | 354 | 38.6 | 38.6 | 73.7 |
| > 4/WK | 5 | 241 | 26.3 | 26.3 | 100.0 |
| | | ------- | ------ | ------ | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    916    Missing cases    0

Actual Question Asked:  Over the last one month, how often did you exercise or play sports
                        for 15 minutes or more?

# FJ '88 EXERCISE DISTRIBUTION – FEMALE

**Number of Recruits**

600 —
500 —
400 —
300 —
200 —
100 —
0 —

| 102 | 88 | 131 | 354 | 241 |
|-----|----|----|-----|-----|
| NONE | < 1/WK | 1/WK | > 2-3/WK | > 4/WK |
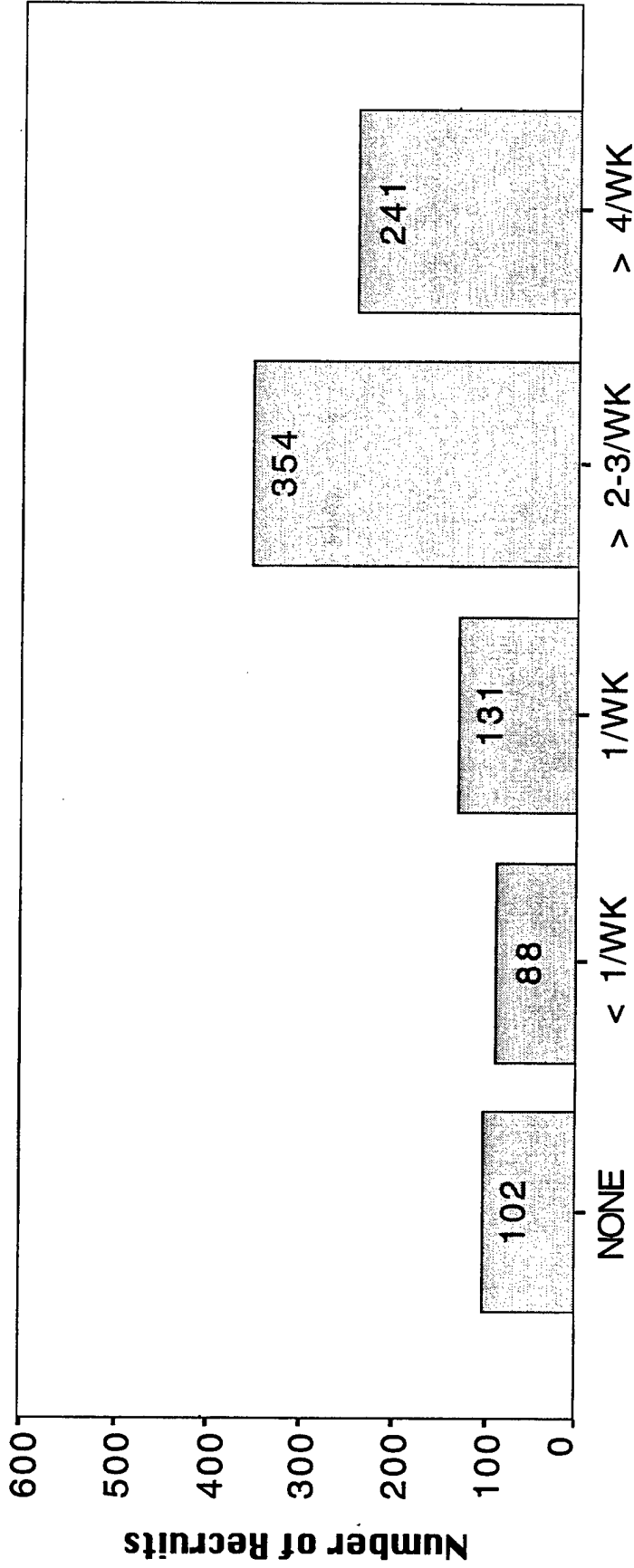
**Exercise Frequency**

FJ Charts: FJ Exercise – Female    1/24/97

27 Jan 97 SPSS for Macintosh Release 6.1

METS1    Mets Calculation for FEMALES:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-0.999 | .00 | 303 | 33.1 | 35.6 | 35.6 |
| 1-1.999 | 1.00 | 177 | 19.3 | 20.8 | 56.5 |
| 2-2.999 | 2.00 | 101 | 11.0 | 11.9 | 68.4 |
| 3-3.999 | 3.00 | 76 | 8.3 | 8.9 | 77.3 |
| 4-4.999 | 4.00 | 51 | 5.6 | 6.0 | 83.3 |
| 5-5.999 | 5.00 | 21 | 2.3 | 2.5 | 85.8 |
| 6-6.999 | 6.00 | 26 | 2.8 | 3.1 | 88.8 |
| 7-7.999 | 7.00 | 14 | 1.5 | 1.6 | 90.5 |
| 8-8.999 | 8.00 | 17 | 1.9 | 2.0 | 92.5 |
| 9-9.999 | 9.00 | 16 | 1.7 | 1.9 | 94.4 |
| 10-10.999 | 10.00 | 10 | 1.1 | 1.2 | 95.5 |
| 11-11.999 | 11.00 | 4 | .4 | .5 | 96.0 |
| 12-12.999 | 12.00 | 11 | 1.2 | 1.3 | 97.3 |
| 13-13.999 | 13.00 | 3 | .3 | .4 | 97.6 |
| 14-14.999 | 14.00 | 4 | .4 | .5 | 98.1 |
| 15-15.999 | 15.00 | 2 | .2 | .2 | 98.4 |
| 16-16.999 | 16.00 | 4 | .4 | .5 | 98.8 |
| 18-18.999 | 18.00 | 1 | .1 | .1 | 98.9 |
| 19-19.999 | 19.00 | 1 | .1 | .1 | 99.1 |
| 20-20.999 | 20.00 | 1 | .1 | .1 | 99.2 |
| 23-23.999 | 23.00 | 1 | .1 | .1 | 99.3 |
| 24-24.999 | 24.00 | 2 | .2 | .2 | 99.5 |
| 25-25.999 | 25.00 | 1 | .1 | .1 | 99.6 |
| 29-29.999 | 29.00 | 1 | .1 | .1 | 99.8 |
| 39-39.999 | 39.00 | 1 | .1 | .1 | 99.9 |
| 80-80.999 | 80.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 66 | 7.2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases    850    Missing cases    66

Statistics for MET_METS(x.001):

| | | | | | |
|---|---|---|---|---|---|
| Mean | 3.069 | Median | 1.623 | Mode | .145 |
| Std dev | 4.717 | Variance | 22.250 | Range | 80.242 |
| Minimum | .010 | Maximum | 80.252 | | |

Valid cases    850    Missing cases    66

Note: Data below this
line is not shown on graph

FJ '88 METS DISTRIBUTION – FEMALE

Std. Dev = 4.72
Mean = 3
N = 850.00

METS (in 1000s)
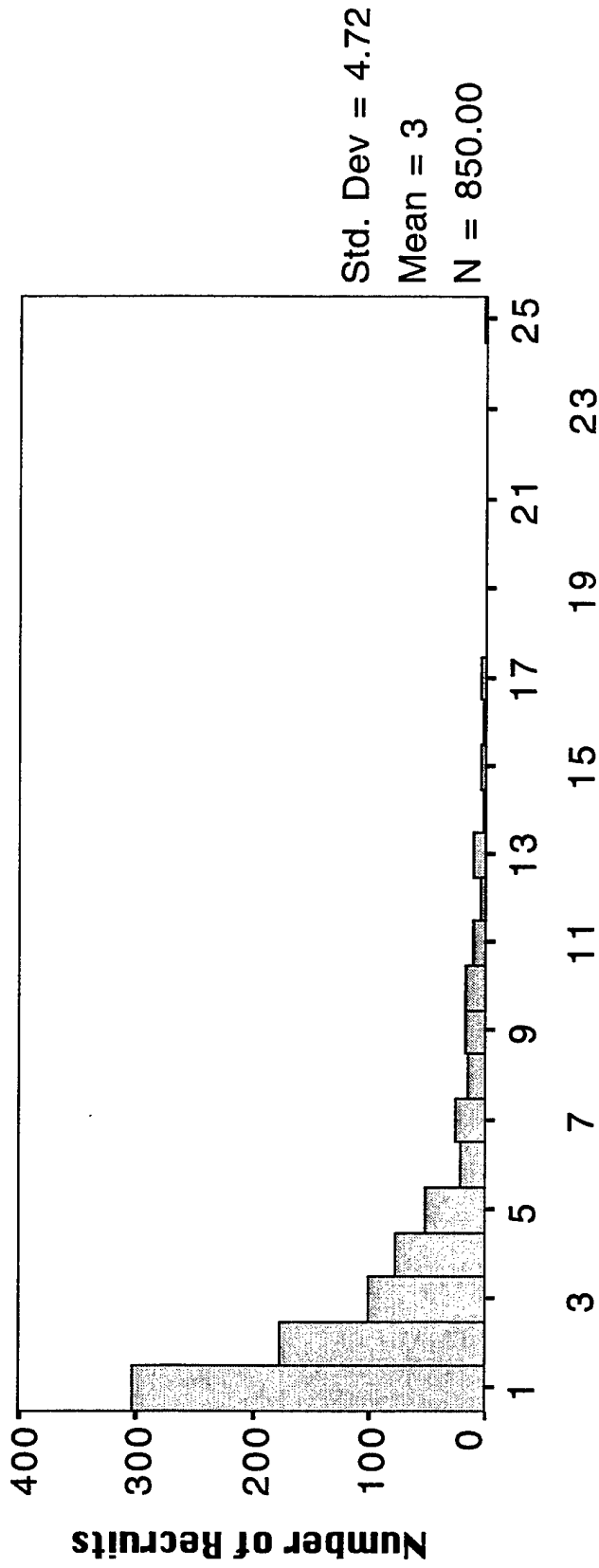
Number of Recruits

FJ Charts:FJ METS – Female    1/27/97

Mets Categories: 0-0.999, 1-1.999, 2-2.999, .., 24-24.999

27 Jan 97 SPSS for Macintosh Release 6.1

PU1   Number of Push-Ups completed by FEMALE recruits on 1st PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-4 | .00 | 235 | 25.7 | 33.0 | 33.0 |
| 5-9 | 5.00 | 184 | 20.1 | 25.8 | 58.8 |
| 10-14 | 10.00 | 143 | 15.6 | 20.1 | 78.8 |
| 15-19 | 15.00 | 82 | 9.0 | 11.5 | 90.3 |
| 20-24 | 20.00 | 37 | 4.0 | 5.2 | 95.5 |
| 25-29 | 25.00 | 21 | 2.3 | 2.9 | 98.5 |
| 30-34 | 30.00 | 6 | .7 | .8 | 99.3 |
| 35-39 | 35.00 | 3 | .3 | .4 | 99.7 |
| 40-44 | 40.00 | 1 | .1 | .1 | 99.9 |
| 50-54 | 50.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 203 | 22.2 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for OC_PU1:

| Mean | 9.036 | Median | 7.000 | Mode | .000 |
|---|---|---|---|---|---|
| Std dev | 7.517 | Variance | 56.507 | Range | 52.000 |
| Minimum | .000 | Maximum | 52.000 | | |

Valid cases    713          Missing cases    203

# FJ '88 PT1 PUSH UPS DISTRIBUTION – FEMALE

Std. Dev = 7.52

Mean = 9.0

N = 713.00

**Number of Recruits** (vertical axis): 0, 50, 100, 150, 200, 250

**Number of Push Ups Completed on 1st PT Test** (horizontal axis): 2.5, 7.5, 12.5, 17.5, 22.5, 27.5, 32.5, 37.5, 42.5, 47.5, 52.5, 57.5, 62.5, 67.5, 72.5, 77.5, 82.5, 87.5, 92.5, 97.5
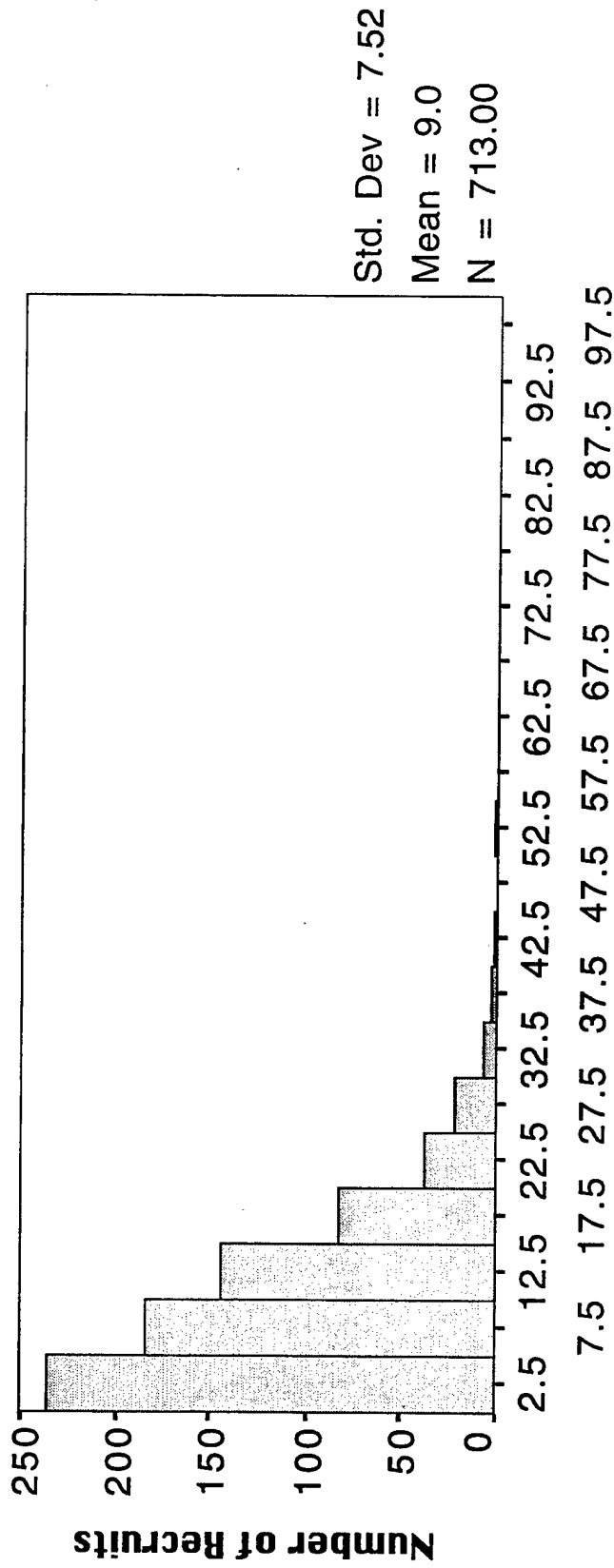
**Number of Push Ups Completed on 1st PT Test**

FJ Charts:FJ PU1 – Female    1/28/97

Push–Up Categories: 0–4, 5–9, 10–14, ..., 95–99

27 Jan 97 SPSS for Macintosh Release 6.1

SU1    Number of Sit-Ups completed by FEMALE recruits on 1st PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-4 | .00 | 11 | 1.2 | 1.5 | 1.5 |
| 5-9 | 5.00 | 22 | 2.4 | 3.0 | 4.5 |
| 10-14 | 10.00 | 37 | 4.0 | 5.0 | 9.5 |
| 15-19 | 15.00 | 45 | 4.9 | 6.1 | 15.6 |
| 20-24 | 20.00 | 67 | 7.3 | 9.1 | 24.6 |
| 25-29 | 25.00 | 91 | 9.9 | 12.3 | 36.9 |
| 30-34 | 30.00 | 128 | 14.0 | 17.3 | 54.3 |
| 35-39 | 35.00 | 99 | 10.8 | 13.4 | 67.7 |
| 40-44 | 40.00 | 78 | 8.5 | 10.6 | 78.2 |
| 45-49 | 45.00 | 68 | 7.4 | 9.2 | 87.4 |
| 50-54 | 50.00 | 39 | 4.3 | 5.3 | 92.7 |
| 55-59 | 55.00 | 27 | 2.9 | 3.7 | 96.3 |
| 60-64 | 60.00 | 14 | 1.5 | 1.9 | 98.2 |
| 65-69 | 65.00 | 6 | .7 | .8 | 99.1 |
| 70-74 | 70.00 | 5 | .5 | .7 | 99.7 |
| 75-79 | 75.00 | 1 | .1 | .1 | 99.9 |
| 90-94 | 90.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 177 | 19.3 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Valid cases     739     Missing cases     177

Statistics for OC_SU1:

| Mean | 33.509 | Median | 33.000 | Mode | 31.000 |
|---|---|---|---|---|---|
| Std dev | 14.001 | Variance | 196.014 | Range | 91.000 |
| Minimum | .000 | Maximum | 91.000 | | |

Valid cases     739     Missing cases     177

# FJ '88 PT1 SIT-UPS DISTRIBUTION – FEMALE

Number of Recruits

250  200  150  100  50  0

2.5  12.5  22.5  32.5  42.5  52.5  62.5  72.5  82.5  92.5
   7.5  17.5  27.5  37.5  47.5  57.5  67.5  77.5  87.5  97.5

**Number of Sit Ups for 1st PT Test**

Std. Dev = 14.00

Mean = 33.5

N = 739.00
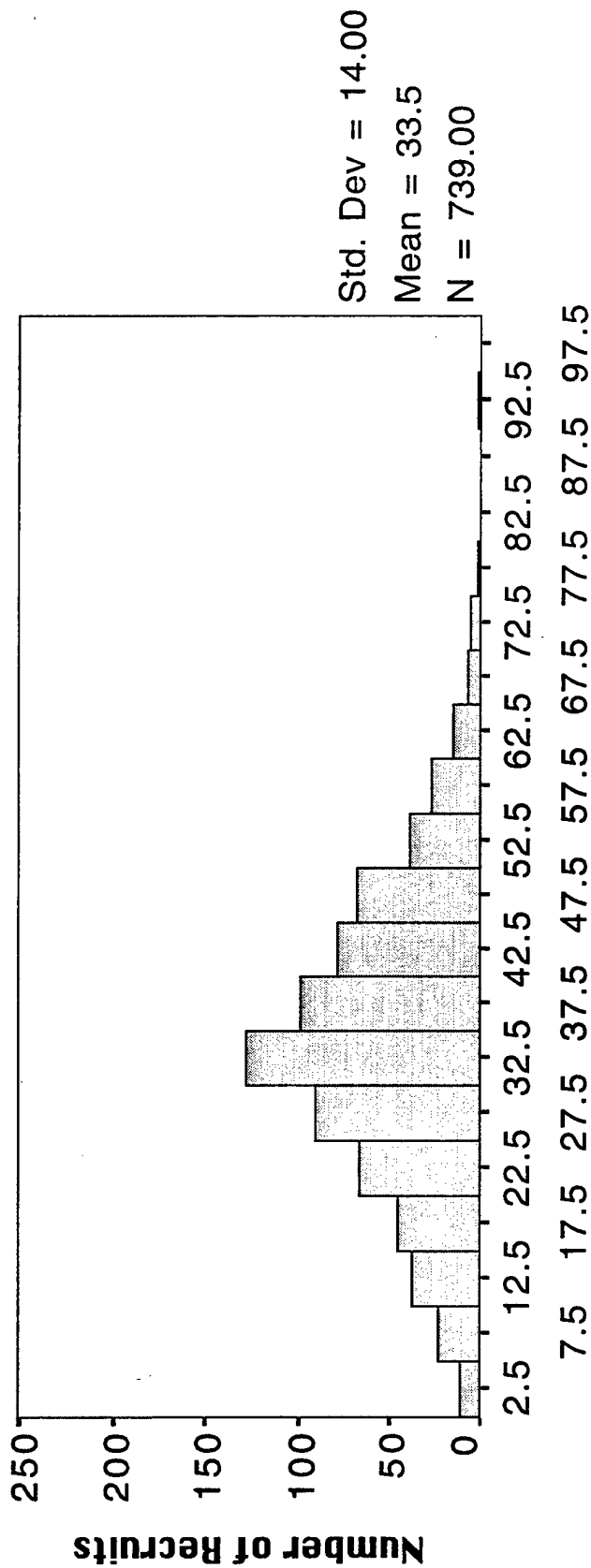
FJ Charts:FJ SU1 – Female    1/27/97

Sit-Up Categories: 0-4, 5-9, 10-14, 15-19, ..., 94-99

27 Jan 97 SPSS for Macintosh Release 6.1

OC_PT1_M    Number of Miles Run by FEMALE recruits on 1st PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 1 MILE | 1 | 459 | 50.1 | 50.9 | 50.9 |
| 2 MILES | 2 | 442 | 48.3 | 49.1 | 100.0 |
| UNKNOWN | 0 | 15 | 1.6 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

| | | | | |
|---|---|---|---|---|
| Mean | 1.491 | Median | 1.000 | Mode | 1.000 |
| Std dev | .500 | Variance | .250 | Range | 1.000 |
| Minimum | 1.000 | Maximum | 2.000 | | |

Valid cases     901     Missing cases     15

# FJ '88 PT1 MILES DISTRIBUTION – FEMALE



**Number of Recruits**

700 — 600 — 500 — 400 — 300 — 200 — 100 — 0

459 — 1 Mile

442 — 2 Miles

**Number of Miles Run on 1st PT Test**

FJ Charts:FJ PT1 Miles – Female    1/29/97
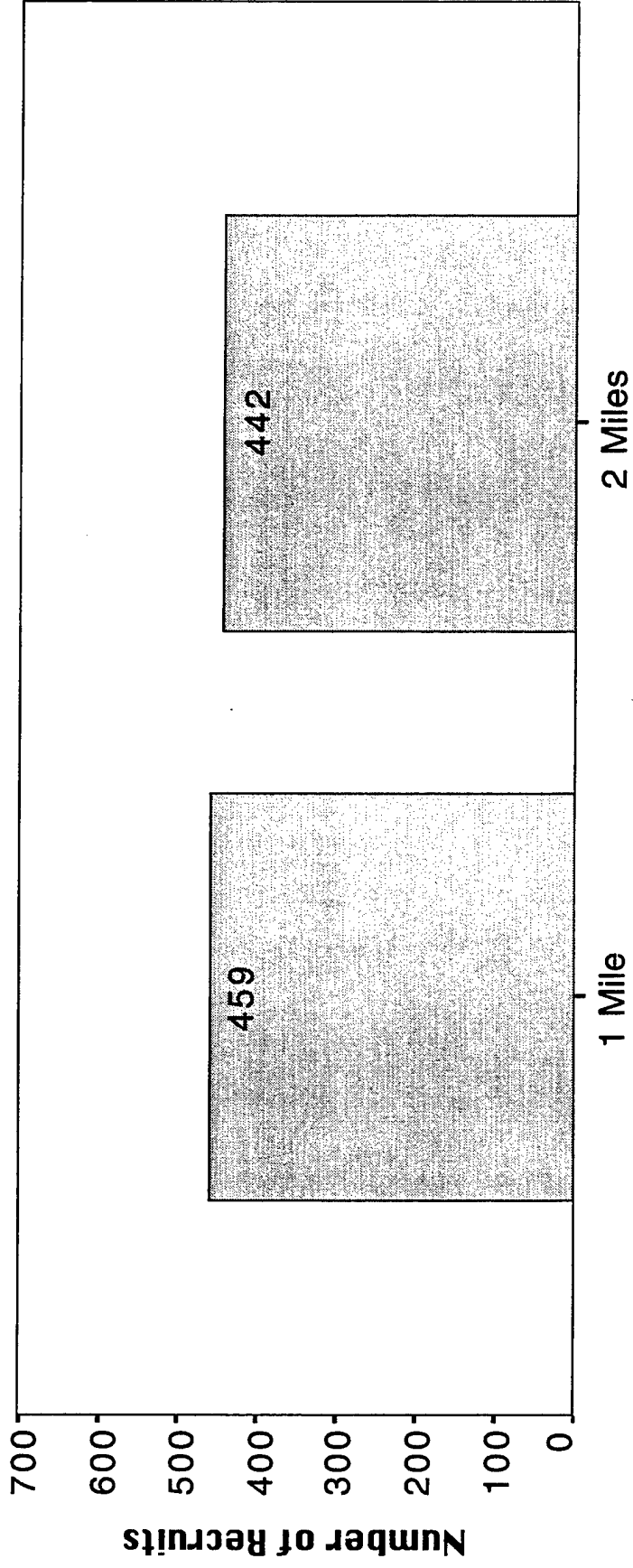
27 Jan 97 SPSS for Macintosh Release 6.1

PT1_RN_2     1 Mile Run Time Distribution for FEMALE recriuts

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 6.5-6.99 | 6.50 | 1 | .2 | .3 | .3 |
| 7.0-7.49 | 7.00 | 6 | 1.3 | 1.6 | 1.8 |
| 7.5-7.99 | 7.50 | 8 | 1.7 | 2.1 | 3.9 |
| 8.0-8.49 | 8.00 | 26 | 5.7 | 6.8 | 10.7 |
| 8.5-8.99 | 8.50 | 28 | 6.1 | 7.3 | 18.0 |
| 9.0-9.49 | 9.00 | 36 | 7.8 | 9.4 | 27.4 |
| 9.5-9.99 | 9.50 | 54 | 11.8 | 14.1 | 41.5 |
| 10.0-10.49 | 10.00 | 49 | 10.7 | 12.8 | 54.3 |
| 10.5-10.99 | 10.50 | 36 | 7.8 | 9.4 | 63.7 |
| 11.0-11.49 | 11.00 | 25 | 5.4 | 6.5 | 70.2 |
| 11.5-11.99 | 11.50 | 28 | 6.1 | 7.3 | 77.5 |
| 12.0-12.49 | 12.00 | 20 | 4.4 | 5.2 | 82.8 |
| 12.5-12.99 | 12.50 | 22 | 4.8 | 5.7 | 88.5 |
| 13.0-13.49 | 13.00 | 16 | 3.5 | 4.2 | 92.7 |
| 13.5-13.99 | 13.50 | 2 | .4 | .5 | 93.2 |
| 14.0-14.49 | 14.00 | 9 | 2.0 | 2.3 | 95.6 |
| 14.5-14.99 | 14.50 | 6 | 1.3 | 1.6 | 97.1 |
| 15.0-15.49 | 15.00 | 7 | 1.5 | 1.8 | 99.0 |
| 15.5-15.99 | 15.50 | 1 | .2 | .3 | 99.2 |
| 16.0-16.49 | 16.00 | 1 | .2 | .3 | 99.5 |
| 19.0-19.49 | 19.00 | 1 | .2 | .3 | 99.7 |
| 21.0-21.49 | 21.00 | 1 | .2 | .3 | 100.0 |
| Missing | . | 76 | 16.6 | Missing | |
| | Total | 459 | 100.0 | 100.0 | |

Note: Data below this
line is not shown on graph

Statistics for OC_RNTM1:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 10.669 | Median | 10.320 | Mode | 9.000 |
| Std dev | 1.949 | Variance | 3.797 | Range | 14.300 |
| Minimum | 6.700 | Maximum | 21.000 | | |

* Multiple modes exist.    The smallest value is shown.

Valid cases    383    Missing cases    76

# FJ '88 PT1 1 MILE RUN TIME DISTRIBUTION – FEMALE

**Std. Dev = 1.95**

**Mean = 11**

**N = 383.00**

Number of Recruits

5  6  7  8  9  10  11  12  13  14  15  16

160
140
120
100
80
60
40
20
0
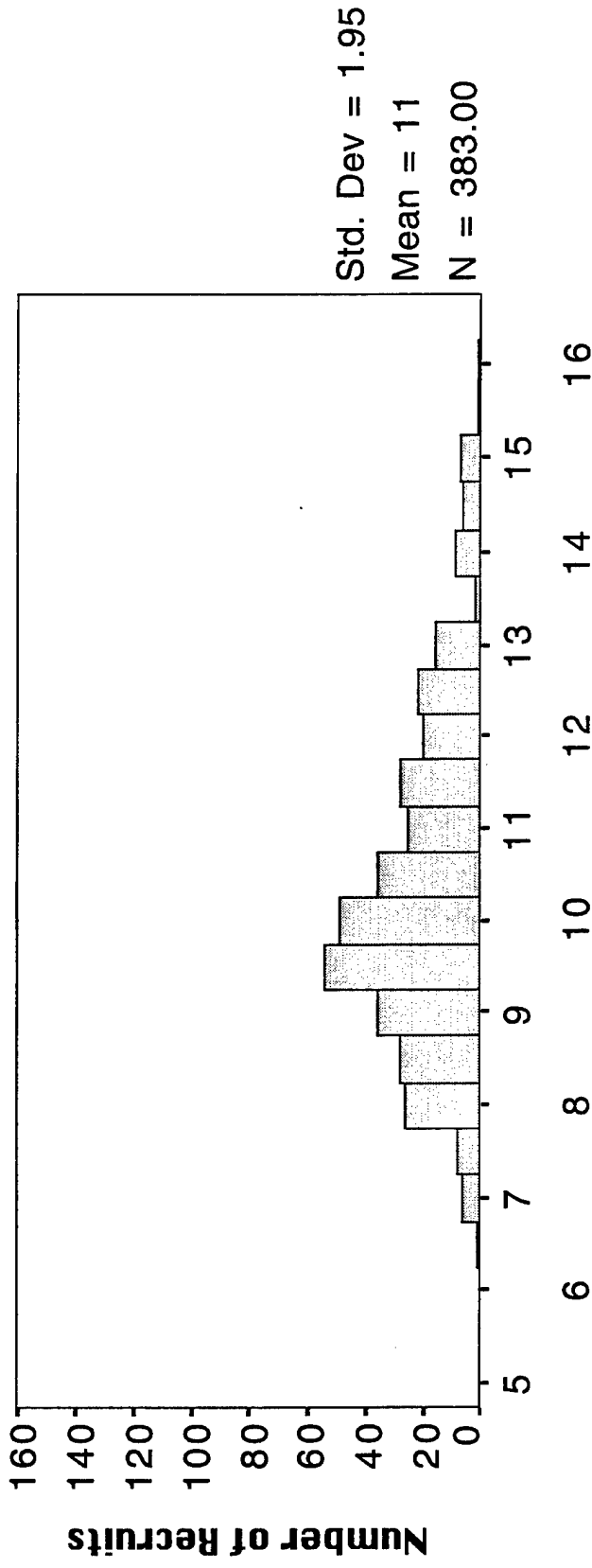
**Run Time for 1 Mile Run for PT Test 1 (min)**

FJ Charts:FJ RunTime1 – Female (1 mile)    1/29/97

Run Time Categories: 5-5.49, 5.5-5.99, 6-6.49, ..., 16.5-16.99

PT1_RNTM   2 Mile Run Time Distribution for FEMALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 13-13.99 | 13.00 | 1 | .2 | .3 | .3 |
| 14-14.99 | 14.00 | 2 | .5 | .6 | .9 |
| 15-15.99 | 15.00 | 4 | .9 | 1.2 | 2.0 |
| 16-16.99 | 16.00 | 18 | 4.1 | 5.2 | 7.2 |
| 17-17.99 | 17.00 | 24 | 5.4 | 6.9 | 14.2 |
| 18-18.99 | 18.00 | 47 | 10.6 | 13.6 | 27.7 |
| 19-19.99 | 19.00 | 62 | 14.0 | 17.9 | 45.7 |
| 20-20.99 | 20.00 | 61 | 13.8 | 17.6 | 63.3 |
| 21-21.99 | 21.00 | 58 | 13.1 | 16.8 | 80.1 |
| 22-22.99 | 22.00 | 27 | 6.1 | 7.8 | 87.9 |
| 23-23.99 | 23.00 | 21 | 4.8 | 6.1 | 93.9 |
| 24-24.99 | 24.00 | 11 | 2.5 | 3.2 | 97.1 |
| 25-25.99 | 25.00 | 2 | .5 | .6 | 97.7 |
| 26-26.99 | 26.00 | 5 | 1.1 | 1.4 | 99.1 |
| 27-27.99 | 27.00 | 1 | .2 | .3 | 99.4 |
| 28-28.99 | 28.00 | 1 | .2 | .3 | 99.7 |
| 29-29.99 | 29.00 | 1 | .2 | .3 | 100.0 |
| Missing | . | 96 | 21.7 | Missing | |
| | Total | 442 | 100.0 | 100.0 | |

Valid cases    346    Missing cases    96

Statistics for OC_RNTM1:

| | | | | |
|---|---|---|---|---|
| Mean | 20.297 | Median | 20.290 | Mode | 19.750 |
| Std dev | 2.348 | Variance | 5.513 | Range | 15.900 |
| Minimum | 13.930 | Maximum | 29.830 | | |

* Multiple modes exist. The smallest value is shown.

Valid cases    346    Missing cases    96

# FJ '88 PT1 2 MILE RUN TIME DISTRIBUTION – FEMALE

Std. Dev = 2.35

Mean = 20

N = 346.00

**Number of Recruits**

100

80

60

40

20

0

10  11  12  13  14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29
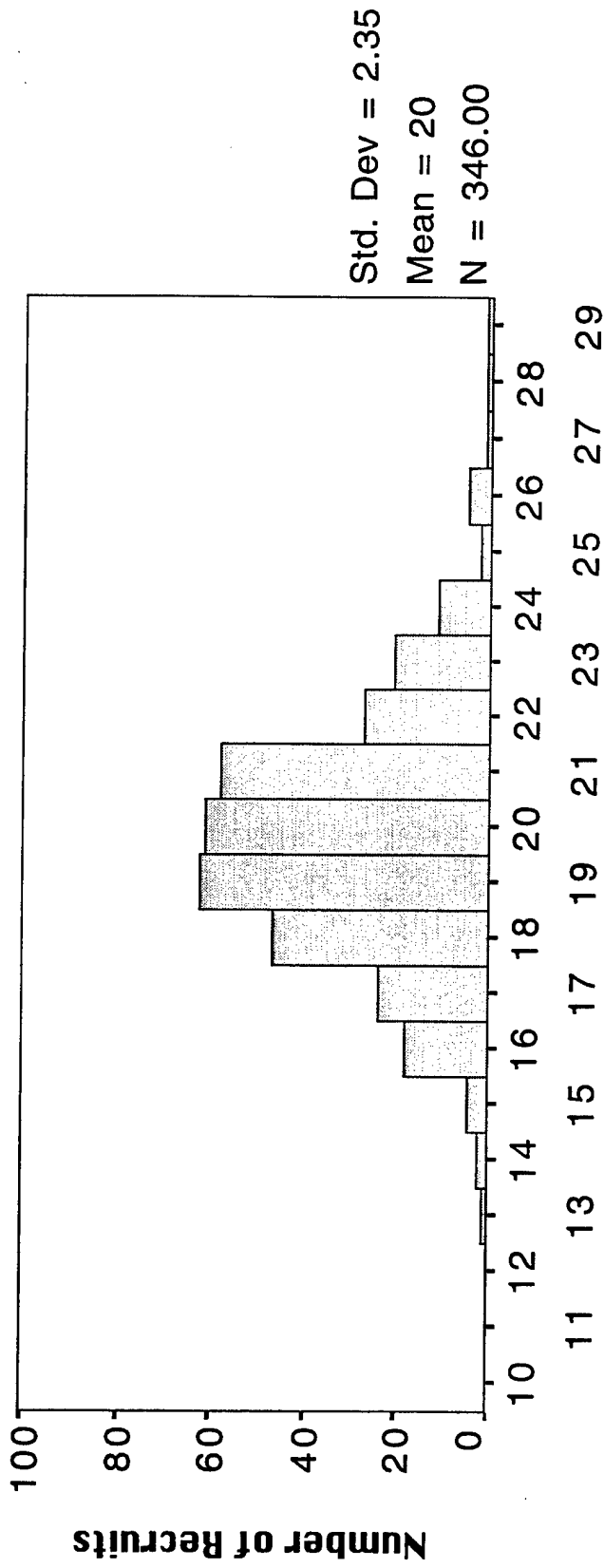
**Run Time for 2 Mile Run for PT Test 1 (min)**

FJ Charts:FJ RunTime1 – Female (2mile)    1/29/97

Run Time Categories: 10–10.99, 11–11.99, 12–12.99, ..., 29–29.99

28 Jan 97 SPSS for Macintosh Release 6.1

PU4    Number of Push-Ups completed by FEMALE recruits on 4th PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 5-9 | 5.00 | 1 | .1 | .1 | .1 |
| 10-14 | 10.00 | 46 | 5.0 | 6.7 | 6.8 |
| 15-19 | 15.00 | 98 | 10.7 | 14.2 | 21.0 |
| 20-24 | 20.00 | 125 | 13.6 | 18.1 | 39.2 |
| 25-29 | 25.00 | 143 | 15.6 | 20.8 | 59.9 |
| 30-34 | 30.00 | 135 | 14.7 | 19.6 | 79.5 |
| 35-39 | 35.00 | 61 | 6.7 | 8.9 | 88.4 |
| 40-44 | 40.00 | 38 | 4.1 | 5.5 | 93.9 |
| 45-49 | 45.00 | 24 | 2.6 | 3.5 | 97.4 |
| 50-54 | 50.00 | 7 | .8 | 1.0 | 98.4 |
| 55-59 | 55.00 | 7 | .8 | 1.0 | 99.4 |
| 60-64 | 60.00 | 2 | .2 | .3 | 99.7 |
| 70-74 | 70.00 | 1 | .1 | .1 | 99.9 |
| 75-79 | 75.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 227 | 24.8 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for OC_PU4:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 27.756 | Median | 27.000 | Mode | 27.000 |
| Std dev | 9.784 | Variance | 95.720 | Range | 72.000 |
| Minimum | 7.000 | Maximum | 79.000 | | |

Valid cases    689    Missing cases    227

# FJ '88 PT4 PUSH UPS DISTRIBUTION – FEMALE

Std. Dev = 9.78

Mean = 27.8

N = 689.00

**Number of Recruits**

250
200
150
100
50
0

2.5   12.5   22.5   32.5   42.5   52.5   62.5   72.5   82.5   92.5
   7.5   17.5   27.5   37.5   47.5   57.5   67.5   77.5   87.5   97.5
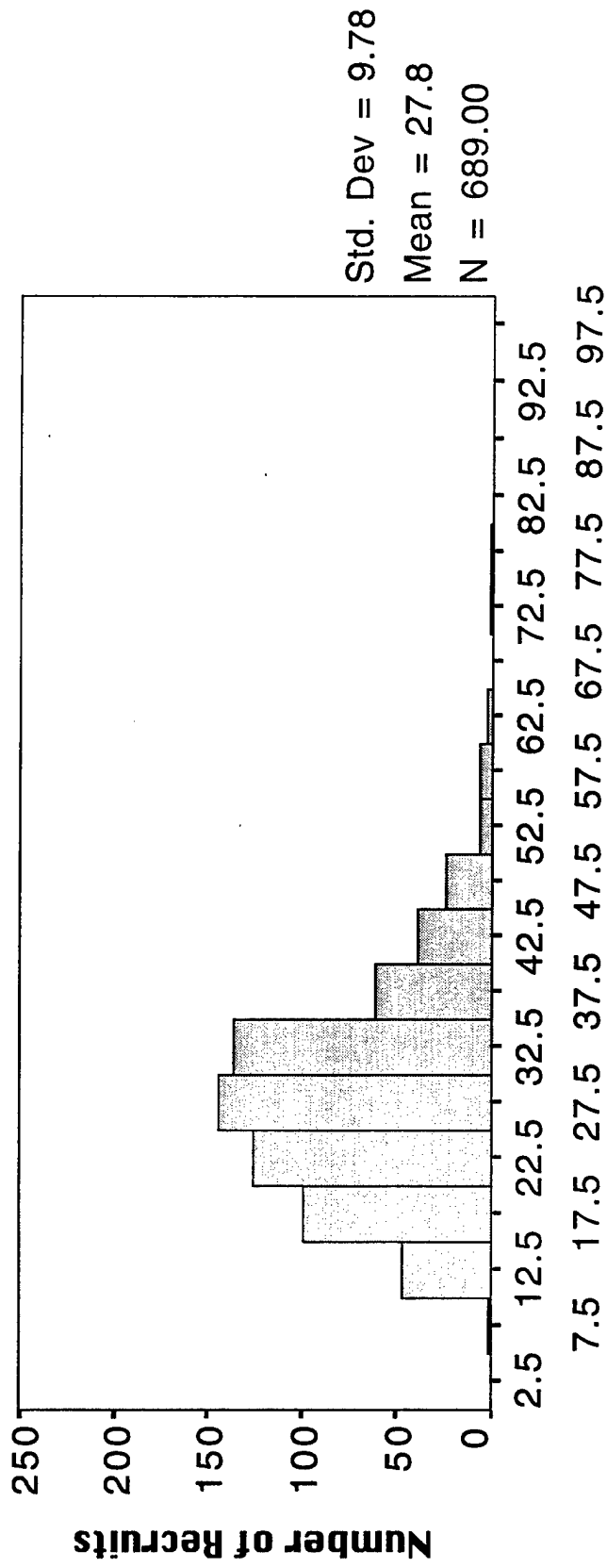
## Number of Push-Ups Completed for 4th PT Test

FJ Charts:FJ PU4 – Female   1/27/97

Push-Up Categories: 0–4, 5–9, 10–14, 15–19, 20–24, ..., 95–99

28 Jan 97 SPSS for Macintosh Release 6.1

SU4    Number of Sit-Ups completed by FEMALE recruits on 4th PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 10-14 | 10.00 | 1 | .1 | .1 | .1 |
| 25-29 | 25.00 | 2 | .2 | .3 | .4 |
| 35-39 | 35.00 | 5 | .5 | .7 | 1.2 |
| 40-44 | 40.00 | 30 | 3.3 | 4.3 | 5.5 |
| 45-49 | 45.00 | 42 | 4.6 | 6.1 | 11.6 |
| 50-54 | 50.00 | 104 | 11.4 | 15.1 | 26.6 |
| 55-59 | 55.00 | 117 | 12.8 | 16.9 | 43.6 |
| 60-64 | 60.00 | 154 | 16.8 | 22.3 | 65.8 |
| 65-69 | 65.00 | 96 | 10.5 | 13.9 | 79.7 |
| 70-74 | 70.00 | 57 | 6.2 | 8.2 | 88.0 |
| 75-79 | 75.00 | 30 | 3.3 | 4.3 | 92.3 |
| 80-84 | 80.00 | 23 | 2.5 | 3.3 | 95.7 |
| 85-89 | 85.00 | 12 | 1.3 | 1.7 | 97.4 |
| 90-94 | 90.00 | 13 | 1.4 | 1.9 | 99.3 |
| 95-99 | 95.00 | 5 | .5 | .7 | 100.0 |
| Missing | . | 225 | 24.6 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for OC_SU4:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 61.394 | Median | 61.000 | Mode | 60.000 |
| Std dev | 11.461 | Variance | 131.358 | Range | 88.000 |
| Minimum | 10.000 | Maximum | 98.000 | | |

Valid cases    225    Missing cases    691

# FJ '88 PT4 SIT-UPS DISTRIBUTION - FEMALE

Std. Dev = 11.46

Mean = 61.4

N = 691.00

**Number of Recruits**

250

200

150

100

50

0

2.5  12.5  22.5  32.5  42.5  52.5  62.5  72.5  82.5  92.5
   7.5  17.5  27.5  37.5  47.5  57.5  67.5  77.5  87.5  97.5
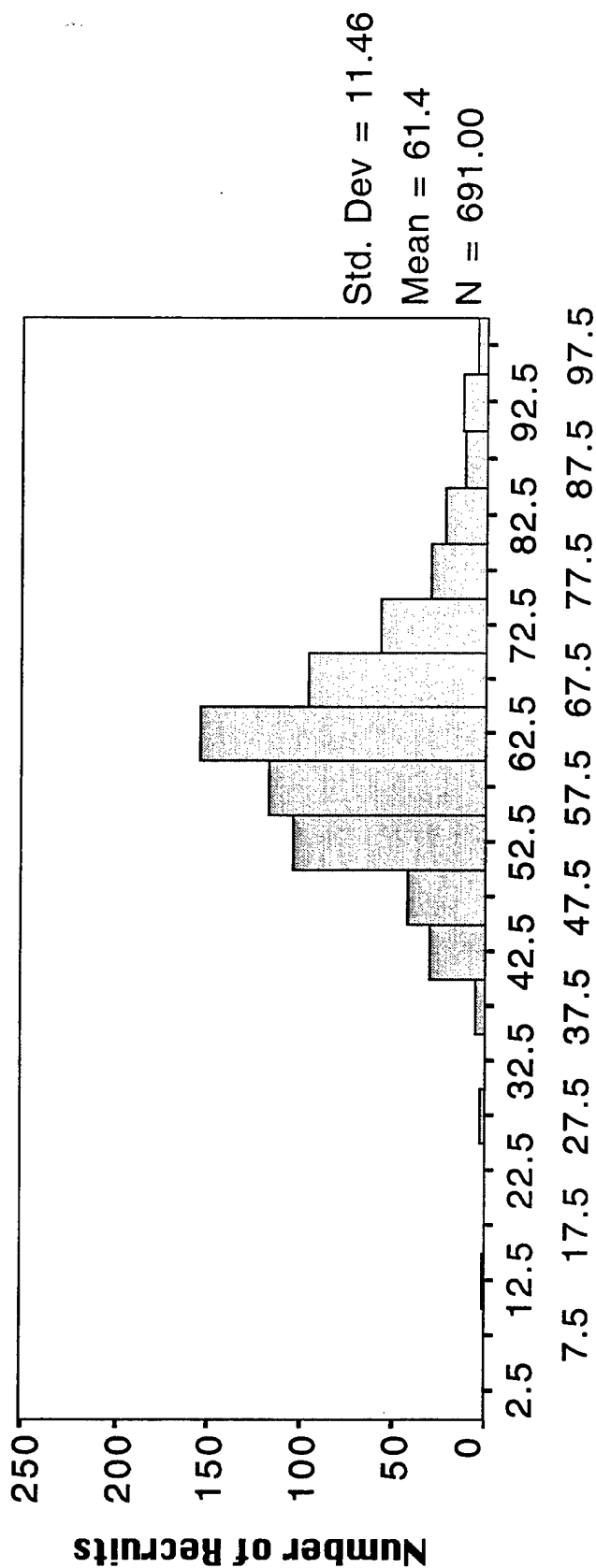
**Number of Sit-Ups Completed for 4th PT Test**

FJ Charts: FJ SU4 - Female    1/27/97

Sit-Up Categories: 0-4, 5-9, 10-14, ..., 95-99

PT4_RNTM    Run Time for FEMALE recruits on 4th PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 13-13.99 | 13.00 | 5 | .5 | .7 | .7 |
| 14-14.99 | 14.00 | 30 | 3.3 | 4.4 | 5.1 |
| 15-15.99 | 15.00 | 67 | 7.3 | 9.8 | 15.0 |
| 16-16.99 | 16.00 | 125 | 13.6 | 18.4 | 33.3 |
| 17-17.99 | 17.00 | 205 | 22.4 | 30.1 | 63.4 |
| 18-18.99 | 18.00 | 159 | 17.4 | 23.3 | 86.8 |
| 19-19.99 | 19.00 | 74 | 8.1 | 10.9 | 97.7 |
| 20-20.99 | 20.00 | 11 | 1.2 | 1.6 | 99.3 |
| 21-21.99 | 21.00 | 3 | .3 | .4 | 99.7 |
| 22-22.99 | 22.00 | 1 | .1 | .1 | 99.9 |
| 28-28.99 | 28.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 235 | 25.7 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Statistics for OC_RNTM:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 17.452 | Median | 17.500 | Mode | 17.000 |
| Std dev | 1.486 | Variance | 2.209 | Range | 15.500 |
| Minimum | 13.000 | Maximum | 28.500 | | |

Valid cases    681    Missing cases    235

# FJ '88 PT4 RUN TIME DISTRIBUTION – FEMALE

Std. Dev = 1.49

Mean = 17

N = 681.00

**Number of Recruits**

400

300

200

100

0

10  11  12  13  14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29
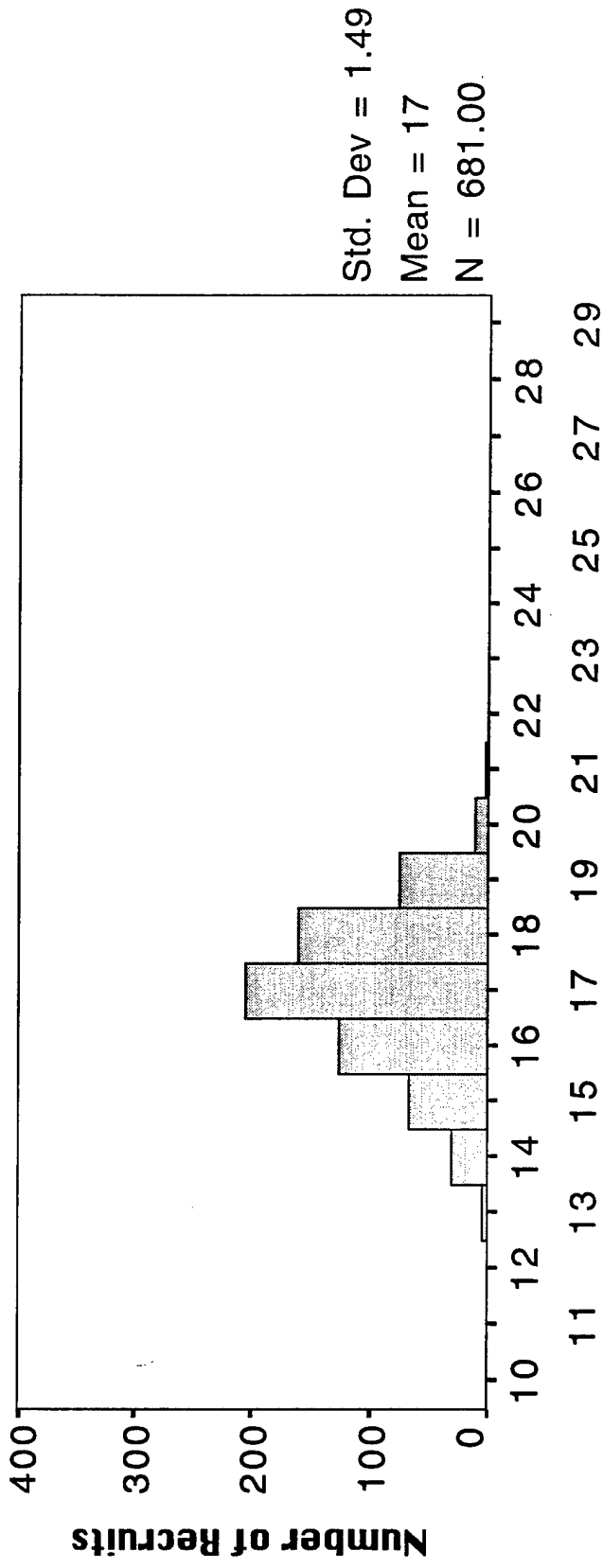
**Run Time for 4th PT Test (min)**

FJ Charts:FJ RunTime4 – Female    1/6/97

Run Time Categories: 10-10.99, 11-11.99, 12-12.99, ..., 29-29.99

28 Jan 97 SPSS for Macintosh Release 6.1

DELTAPU1   % Change from Push-Ups for PT Test 1 to Push-Ups for PT Test 4 for FEMALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| -50-(-.01) | -50.00 | 4 | .4 | .7 | .7 |
| 0-49.99 | .00 | 45 | 4.9 | 8.3 | 9.1 |
| 50-99.99 | 50.00 | 76 | 8.3 | 14.0 | 23.1 |
| 100-149.99 | 100.00 | 65 | 7.1 | 12.0 | 35.1 |
| 150-199.99 | 150.00 | 67 | 7.3 | 12.4 | 47.5 |
| 200-249.99 | 200.00 | 64 | 7.0 | 11.8 | 59.3 |
| 250-299.99 | 250.00 | 35 | 3.8 | 6.5 | 65.8 |
| 300-349.99 | 300.00 | 20 | 2.2 | 3.7 | 69.5 |
| 350-399.99 | 350.00 | 17 | 1.9 | 3.1 | 72.6 |
| 400-449.99 | 400.00 | 16 | 1.7 | 3.0 | 75.6 |
| 450-499.99 | 450.00 | 14 | 1.5 | 2.6 | 78.2 |
| 500-549.99 | 500.00 | 12 | 1.3 | 2.2 | 80.4 |
| 550-599.99 | 550.00 | 6 | .7 | 1.1 | 81.5 |
| 600-649.99 | 600.00 | 12 | 1.3 | 2.2 | 83.7 |
| 650-699.99 | 650.00 | 13 | 1.4 | 2.4 | 86.1 |
| 700-749.99 | 700.00 | 6 | .7 | 1.1 | 87.2 |
| 750-799.99 | 750.00 | 6 | .7 | 1.1 | 88.4 |
| 800-849.99 | 800.00 | 6 | .7 | 1.1 | 89.5 |
| 850-899.99 | 850.00 | 5 | .5 | .9 | 90.4 |
| 900-949.99 | 900.00 | 10 | 1.1 | 1.8 | 92.2 |
| 950-999.99 | 950.00 | 1 | .1 | .2 | 92.4 |
| 1000-1049.99 | 1000.00 | 3 | .3 | .6 | 93.0 |
| 1050-1099.99 | 1050.00 | 1 | .1 | .2 | 93.2 |
| 1100-1149.99 | 1100.00 | 3 | .3 | .6 | 93.7 |
| 1150-1199.99 | 1150.00 | 1 | .1 | .2 | 93.9 |
| 1200-1249.99 | 1200.00 | 4 | .4 | .7 | 94.6 |
| 1300-1349.99 | 1300.00 | 5 | .5 | .9 | 95.6 |
| 1350-1399.99 | 1350.00 | 1 | .1 | .2 | 95.7 |
| 1400-1449.99 | 1400.00 | 4 | .4 | .7 | 96.5 |
| 1450-1499.99 | 1450.00 | 1 | .1 | .2 | 96.7 |
| 1600-1649.99 | 1600.00 | 1 | .1 | .2 | 96.9 |
| 1700-1749.99 | 1700.00 | 1 | .1 | .2 | 97.0 |
| 1900-1949.99 | 1900.00 | 1 | .1 | .2 | 97.2 |
| 2000-2049.99 | 2000.00 | 2 | .2 | .4 | 97.6 |
| 2100-2149.99 | 2100.00 | 1 | .1 | .2 | 97.8 |
| 2400-2449.99 | 2400.00 | 2 | .2 | .4 | 98.2 |
| 2500-2549.99 | 2500.00 | 2 | .2 | .4 | 98.5 |
| 2600-2649.99 | 2600.00 | 3 | .3 | .6 | 99.1 |
| 2700-2749.99 | 2700.00 | 1 | .1 | .2 | 99.3 |
| 2900-2949.99 | 2900.00 | 1 | .1 | .2 | 99.4 |
| 3300-3349.99 | 3300.00 | 2 | .2 | .4 | 99.8 |
| 3400-3449.99 | 3400.00 | 1 | .1 | .2 | 100.0 |
| Missing | . | 375 | 40.9 | Missing | |
| | Total | 916 | 100.0 | 100.0 | |

Note: Data below this
line is not shown on graph

Statistics for DELTAPU1:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 372.894 | Median | 200.000 | Mode | 200.000 |
| Std dev | 495.627 | Variance | 245646.592 | Range | 3421.053 |
| Minimum | -21.053 | Maximum | 3400.000 | | |

Valid cases    375    Missing cases    375

# FJ '88 % CHANGE FROM PU1 TO PU4 – FEMALE

Std. Dev = 495.63

Mean = 373

N = 541.00

Number of Recruits

600

500

400

300

200

100

0

-75  -25  25  75  125  175  225  275  325  375  425  475  525  575  625  675  725  775  825  875
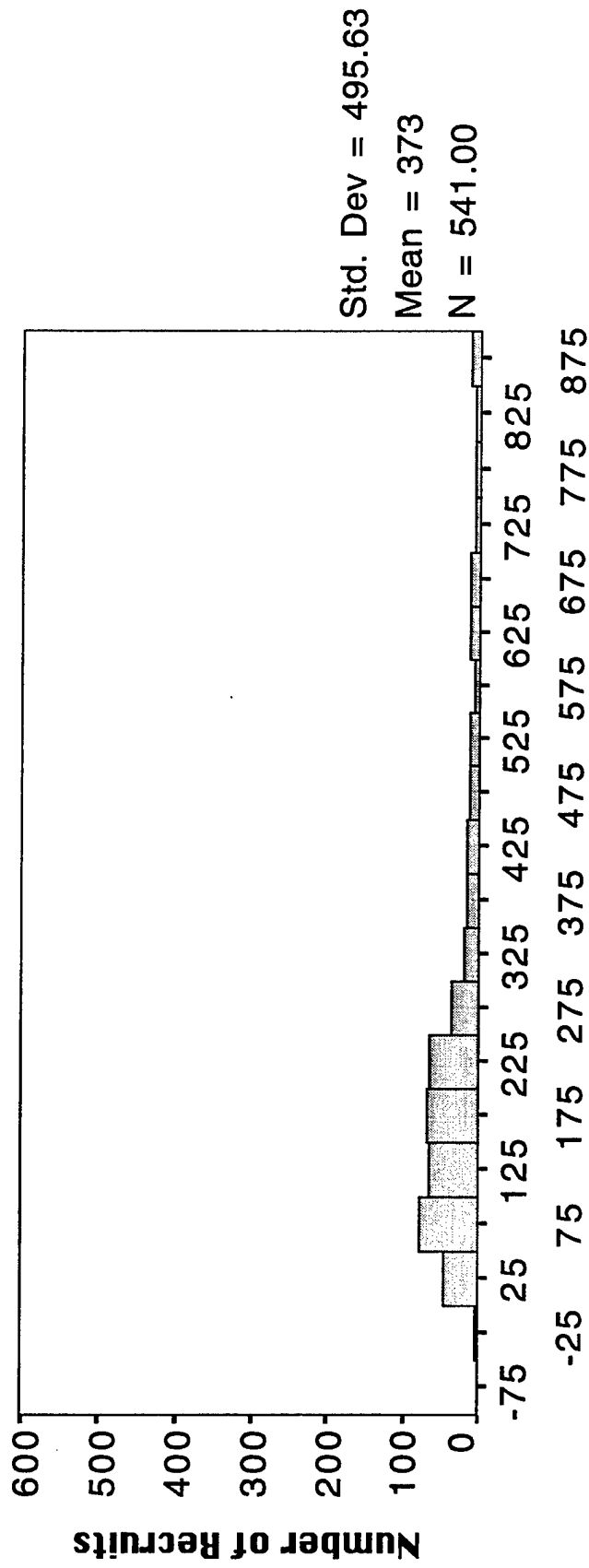
## % Change from Push-Ups for PT Test 1 to Push Ups for PT Test 4

FJ Charts:FJ del%PU - Female  1/27/97     [900%=10 fold increase]

del%PU  categories: (-100)-(-50.1), (-50)-(-0.1),  0-49.9, ...,  850-899.9

DELTASU1    % Change from Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4 for FEMALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent | |
|---|---|---|---|---|---|---|
| -100-(-50.1) | -100.00 | 1 | .1 | .2 | .2 | Note: Data above this line is not shown on graph |
| -50-(-.01) | -50.00 | 3 | .3 | .5 | .6 | |
| 0-49.99 | .00 | 177 | 19.3 | 28.5 | 29.1 | |
| 50-99.99 | 50.00 | 206 | 22.5 | 33.2 | 62.3 | |
| 100-149.99 | 100.00 | 107 | 11.7 | 17.2 | 79.5 | |
| 150-199.99 | 150.00 | 44 | 4.8 | 7.1 | 86.6 | |
| 200-249.99 | 200.00 | 21 | 2.3 | 3.4 | 90.0 | |
| 250-299.99 | 250.00 | 11 | 1.2 | 1.8 | 91.8 | |
| 300-349.99 | 300.00 | 12 | 1.3 | 1.9 | 93.7 | |
| 350-399.99 | 350.00 | 8 | .9 | 1.3 | 95.0 | |
| 400-449.99 | 400.00 | 7 | .8 | 1.1 | 96.1 | |
| 450-499.99 | 450.00 | 2 | .2 | .3 | 96.5 | |
| 500-549.99 | 500.00 | 3 | .3 | .5 | 96.9 | |
| 550-599.99 | 550.00 | 1 | .1 | .2 | 97.1 | |
| 600-649.99 | 600.00 | 2 | .2 | .3 | 97.4 | |
| 650-699.99 | 650.00 | 1 | .1 | .2 | 97.6 | |
| 700-749.99 | 700.00 | 4 | .4 | .6 | 98.2 | |
| 750-799.99 | 750.00 | 2 | .2 | .3 | 98.6 | |
| 800-849.99 | 800.00 | 1 | .1 | .2 | 98.7 | |
| 850-899.99 | 850.00 | 1 | .1 | .2 | 98.9 | |
| 900-949.99 | 900.00 | 2 | .2 | .3 | 99.2 | Note: Data below this line is not shown on graph |
| 950-999.99 | 950.00 | 1 | .1 | .2 | 99.4 | |
| 1050-1099.99 | 1050.00 | 1 | .1 | .2 | 99.5 | |
| 1850-1899.99 | 1850.00 | 1 | .1 | .2 | 99.7 | |
| 2200-2249.99 | 2200.00 | 1 | .1 | .2 | 99.8 | |
| 2250-2299.99 | 2250.00 | 1 | .1 | .2 | 100.0 | |
| Missing | . | 295 | 32.2 | Missing | | |
| Total | | 916 | 100.0 | 100.0 | | |

Statistics for DELTASU:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 127.317 | Median | 75.000 | Mode | 100.000 |
| Std dev | 196.891 | Variance | 38765.941 | Range | 2300.847 |
| Minimum | -50.847 | Maximum | 2250.000 | | |

Valid cases    622    Missing cases    294

# FJ '88  % CHANGE FROM SU1 TO SU4 – FEMALE

Std. Dev = 196.89

Mean = 127

N = 622.00

**Number of Recruits**

(y-axis: 0, 100, 200, 300, 400, 500, 600, 700, 800)

(x-axis: -25, 25, 75, 125, 175, 225, 275, 325, 375, 425, 475, 525, 575, 625, 675, 725, 775, 825, 875)
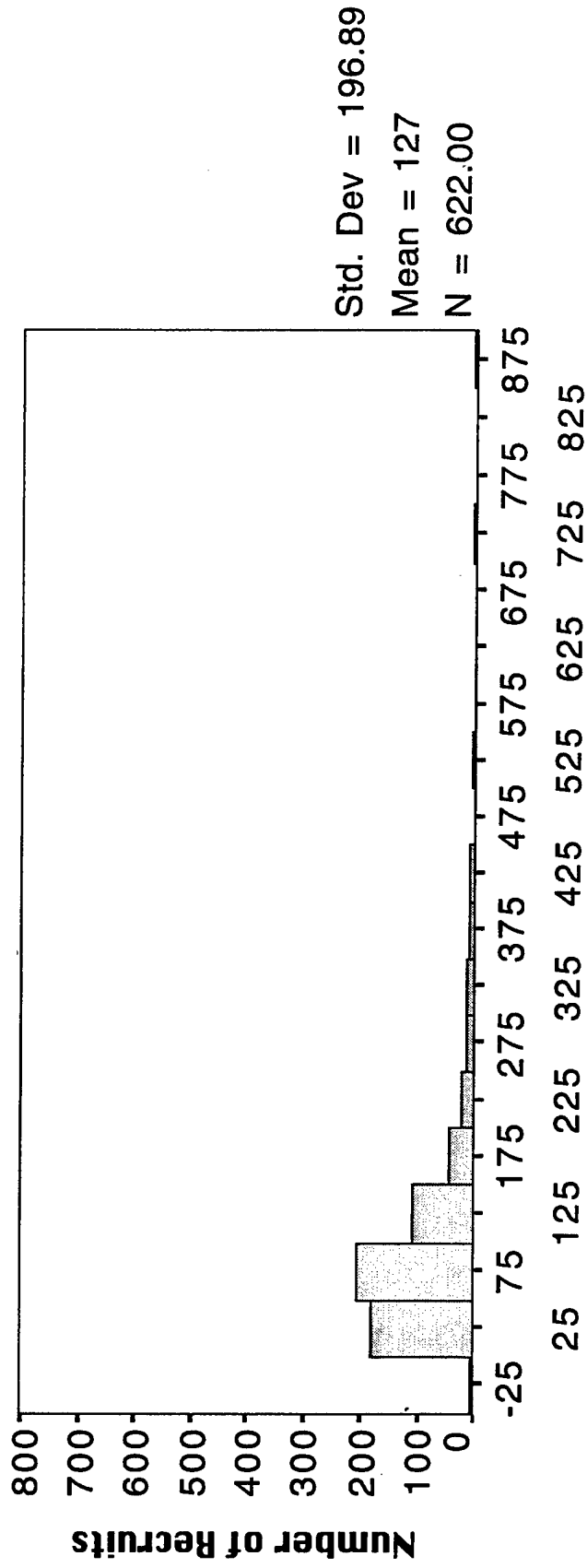
## % Change From Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4

FJ Charts:FJ del%SU - Female   1/27/97     [900%=10 fold increase]

del%SU categories:   (-50)-(-0.1), 0-49.9, 50-99.9, ..., 850-899.9

28 Jan 97  SPSS for Macintosh Release 6.1

DEL_RUN    % Change from Run Time 1 to Run Time 4 for FEMALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| -40-(-35.1) | -40.00 | 2 | .7 | .7 | .7 |
| -35-(-30.1) | -35.00 | 5 | 1.7 | 1.7 | 2.4 |
| -30-(-25.1) | -30.00 | 15 | 5.2 | 5.2 | 7.6 |
| -25-(-20.1) | -25.00 | 53 | 18.2 | 18.2 | 25.8 |
| -20-(-15.1) | -20.00 | 66 | 22.7 | 22.7 | 48.5 |
| -15-(-10.1) | -15.00 | 69 | 23.7 | 23.7 | 72.2 |
| -10-(-5.1) | -10.00 | 35 | 12.0 | 12.0 | 84.2 |
| -5-(-0.1) | -5.00 | 18 | 6.2 | 6.2 | 90.4 |
| 0-4.9 | .00 | 10 | 3.4 | 3.4 | 93.8 |
| 5-9.9 | 5.00 | 14 | 4.8 | 4.8 | 98.6 |
| 10-14.9 | 10.00 | 2 | .7 | .7 | 99.3 |
| 15-19.9 | 15.00 | 1 | .3 | .3 | 99.7 |
| 35-39.9 | 35.00 | 1 | .3 | .3 | 100.0 |
| | Total | 291 | 100.0 | 100.0 | |

Statistics for DELTARUN:

| | | | | |
|---|---|---|---|---|
| Mean | -13.496 | Median | -14.780 | Mode -37.505 |
| Std dev | 9.745 | Variance | 94.974 | Range 77.005 |
| Minimum | -37.505 | Maximum | 39.501 | |

* Multiple modes exist.  The smallest value is shown.

Valid cases    291    Missing cases    0

*Note: The percent change is calculated for 2 Mile runners only

Note: Data below this
line is not shown on graph

# FJ '88 % CHANGE FROM RUN1 TO RUN4 – FEMALE

Std. Dev = 9.75

Mean = -13.5

N = 291.00

Number of Recruits

100 80 60 40 20 0

-47.5 -42.5 -37.5 -32.5 -27.5 -22.5 -17.5 -12.5 -7.5 -2.5 2.5 7.5 12.5 17.5
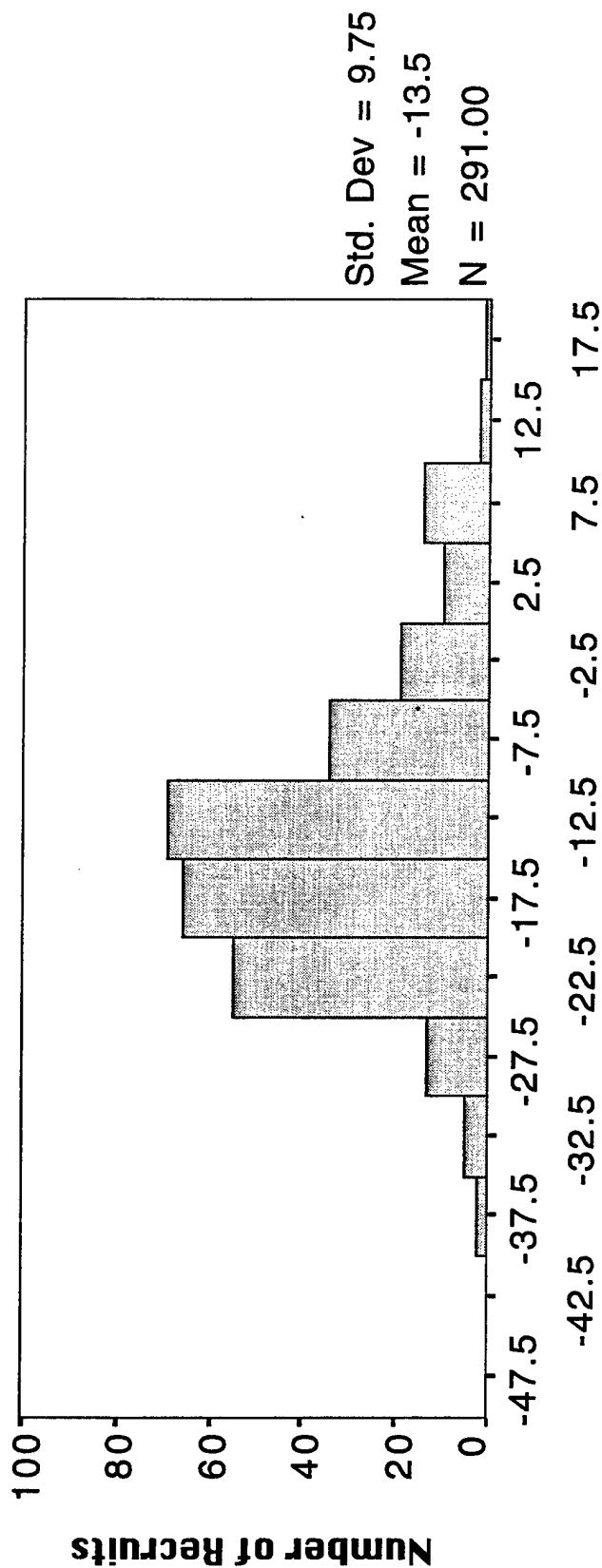
## % Change from Run Time for PT Test 1 to Run Time for PT Test 4

FJ Charts:FJ del%Run - Female   1/29/97      [-100%=ran twice as fast]

del%PU  categories: (-50)-(-45.1), (-45)-(-40.1), ..., 10-14.9, 15-19.9

FORT JACKSON 1988 DATABASE

APPENDIX F

TABLES AND HISTOGRAMS

PRESENTED FOR MALE RECRUITS

DEMOGRAPHICS, ANTHROPOMETRICS, RISK FACTORS,

AND FITNESS MEASURES

# Fort Jackson 1988 Male Recruits
## Table of Contents

**Demographics:**
Age
Unit
Race
Education Years
Home State

**Anthropometrics:**
Weight
Height
Body Mass Index
Army % Body Fat
Navy % Body Fat
Neck Size
Abdomen Size
Grip Strength Test
Flexibility

**Risk Factors:**
Smoker (Y/N)
Years Smoked
Smoking Description
Hospitalization History
Stress Fracture History
Surgery History
Flu (during past two weeks)
Fever (during past two weeks)
Nausea/Vomiting/Diarrhea (during past two weeks)

**Fitness Measures:**
Physical Activity Level
Physical Fitness Level
Occupational Activity Level
Exercise Frequency
METS
PT Test 1 Push Ups
PT Test 1 Sit Ups
PT Test 1 Number of Miles Run
PT Test 1 Run Time (1 mile)
PT Test 1 Run Time (2 mile)
PT Test 4 Push Ups
PT Test 4 Sit Ups
PT Test 4 Run Time (2 mile)
% Change for Push Ups
% Change for Sit Ups
% Change for Run Time (2 mile runners only)

# FJ '88 Subject Info By Unit - Male

| | A134 | A213 | B134 | B213 | B315 | BPRO | C134 | C213 | CPRO | PROT | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 (Subject) | 95 | 199 | 199 | 174 | 2 | | 214 | 55 | | | 938 |
| 2 (Pro Unit) | | | | | | 53 | | | 63 | 1 | 117 |
| 3 (Recycled) | 1 | | | | | | 4 | | | | 5 |
| 4 (Discharged) | 2 | 11 | 4 | 3 | | | 7 | | | | 27 |
| 5 (Anth Only, Pro) | | | | | | 1 | | | | | 1 |
| 6 (Quest Only, Pro) | | | | | | | | | | | 0 |
| 7 (Anth Only) | | 1 | 3 | | | | | | | | 4 |
| 8 (Quest Only) | 2 | 1 | 12 | | | | 2 | | | | 17 |
| 9 (Non-Subject) | 130 | 8 | 5 | 50 | | 54 | 1 | 159 | 29 | | 436 |
| TOTAL: | 230 | 220 | 223 | 227 | 2 | 108 | 228 | 214 | 92 | 1 | 1545 |

Note: All of the following charts and graphs were made using only recruits with a Subject Info Code of 1-4.

FJ88 Male SubInfo

28 Jan 97 SPSS for Macintosh Release 6.1

AGE   Age of MALE recruits in years

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| | 17 | 70 | 6.4 | 6.4 | 6.4 |
| | 18 | 392 | 36.1 | 36.1 | 42.5 |
| | 19 | 212 | 19.5 | 19.5 | 62.0 |
| | 20 | 111 | 10.2 | 10.2 | 72.2 |
| | 21 | 70 | 6.4 | 6.4 | 78.7 |
| | 22 | 63 | 5.8 | 5.8 | 84.5 |
| | 23 | 43 | 4.0 | 4.0 | 88.4 |
| | 24 | 22 | 2.0 | 2.0 | 90.4 |
| | 25 | 25 | 2.3 | 2.3 | 92.7 |
| | 26 | 13 | 1.2 | 1.2 | 93.9 |
| | 27 | 13 | 1.2 | 1.2 | 95.1 |
| | 28 | 13 | 1.2 | 1.2 | 96.3 |
| | 29 | 8 | .7 | .7 | 97.1 |
| | 30 | 12 | 1.1 | 1.1 | 98.2 |
| | 31 | 5 | .5 | .5 | 98.6 |
| | 32 | 3 | .3 | .3 | 98.9 |
| | 33 | 5 | .5 | .5 | 99.4 |
| | 34 | 2 | .2 | .2 | 99.5 |
| | 35 | 2 | .2 | .2 | 99.7 |
| | 36 | 1 | .1 | .1 | 99.8 |
| | 37 | 1 | .1 | .1 | 99.9 |
| | 40 | 1 | .1 | .1 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for AGE:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 20.059 | Median | 19.000 | Mode | 18.000 |
| Std dev | 3.261 | Variance | 10.632 | Range | 23.000 |
| Minimum | 17.000 | Maximum | 40.000 | | |

Valid cases   1087   Missing cases   0

# FJ '88 AGE DISTRIBUTION – MALE
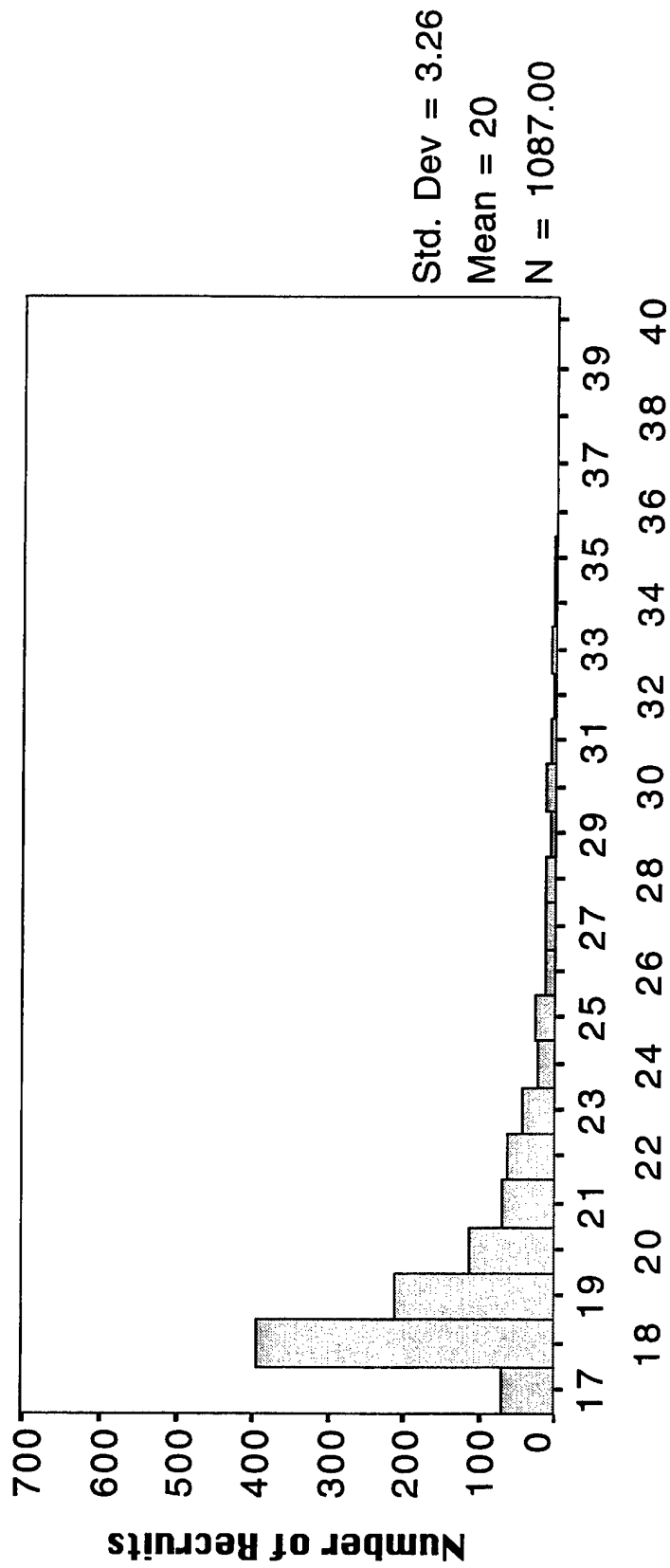
Std. Dev = 3.26

Mean = 20

N = 1087.00

**Number of Recruits**

700
600
500
400
300
200
100
0

17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

**Age of Recruits in Years**

FJ Charts: FJ Age – Male    1/23/97

28 Jan 97 SPSS for Macintosh Release 6.1

UNIT    Unit Distribution - MALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| | A134 | 98 | 9.0 | 9.0 | 9.0 |
| | A213 | 210 | 19.3 | 19.3 | 28.3 |
| | B134 | 203 | 18.7 | 18.7 | 47.0 |
| | B213 | 177 | 16.3 | 16.3 | 63.3 |
| | B315 | 2 | .2 | .2 | 63.5 |
| | BPRO | 53 | 4.9 | 4.9 | 68.4 |
| | C134 | 225 | 20.7 | 20.7 | 89.1 |
| | C213 | 55 | 5.1 | 5.1 | 94.1 |
| | CPRO | 63 | 5.8 | 5.8 | 99.9 |
| | PROT | 1 | .1 | .1 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

# FJ '88 UNIT DISTRIBUTION – MALE



**FJ Charts: FJ Unit (Subj)– Male   1/24/97**
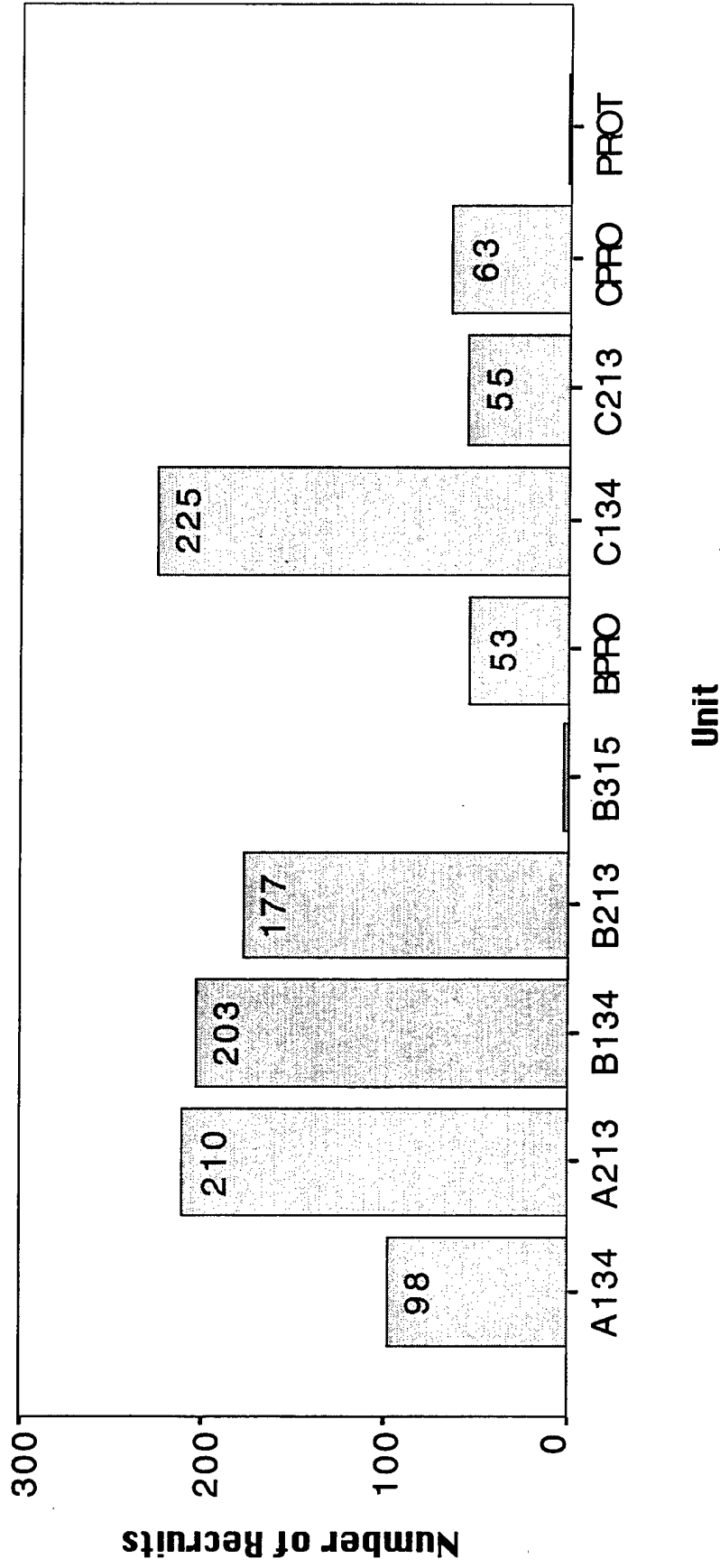
28 Jan 97 SPSS for Macintosh Release 6.1

MH_RACE    Race of MALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| WHITE | 1 | 615 | 56.6 | 56.6 | 56.6 |
| BLACK | 2 | 324 | 29.8 | 29.8 | 86.4 |
| HISPANIC | 3 | 79 | 7.3 | 7.3 | 93.7 |
| AM IND/ESK | 4 | 15 | 1.4 | 1.4 | 95.0 |
| ASIAN | 5 | 19 | 1.7 | 1.7 | 96.8 |
| OTHER | 6 | 15 | 1.4 | 1.4 | 98.2 |
| UNKNOWN | 7 | 20 | 1.8 | 1.8 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

# FJ '88 RACE DISTRIBUTION - MALE

Number of Recruits

900
800
700
600
500
400
300
200
100
0

White — 615
Black — 324
Hispanic — 79
Am Ind/Esk
Asian
Other
Unknown
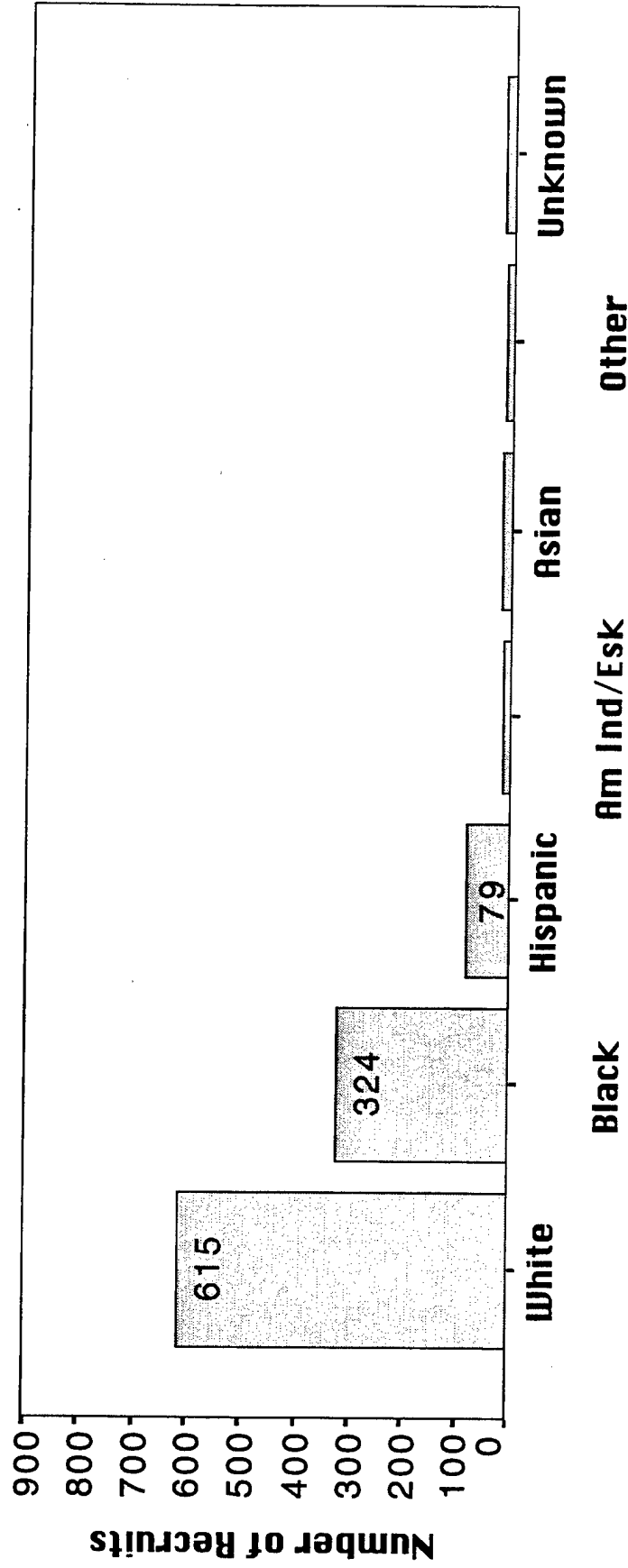
Race of Recruits

FJ Charts: FJ MH Race – Male   1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

G_ED_YRS  Number of years of education for MALE recruits
          (GED or High School graduation=12, college graduation=16)

|  | | | | Valid | Cum |
| Value Label | Value | Frequency | Percent | Percent | Percent |
|---|---|---|---|---|---|
| | 8 | 1 | .1 | .1 | .1 |
| | 9 | 5 | .5 | .5 | .6 |
| | 10 | 12 | 1.1 | 1.2 | 1.8 |
| | 11 | 13 | 1.2 | 1.3 | 3.1 |
| | 12 | 769 | 70.7 | 76.1 | 79.1 |
| | 13 | 92 | 8.5 | 9.1 | 88.2 |
| | 14 | 60 | 5.5 | 5.9 | 94.2 |
| | 15 | 24 | 2.2 | 2.4 | 96.5 |
| | 16 | 30 | 2.8 | 3.0 | 99.5 |
| | 17 | 4 | .4 | .4 | 99.9 |
| | 18 | 1 | .1 | .1 | 100.0 |
| | 0 | 76 | 7.0 | Missing | |
| | | ------- | ------- | ------- | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases   1011   Missing cases   76

# FJ '88 EDUCATION DISTRIBUTION - MALE

Std. Dev = 1.07
Mean = 12
N = 1011.00

**Number of Recruits**

800

600

400

200

0

8    9    10   11   12   13   14   15   16   17   18

**G Ed Yrs**

FJ Charts:FJ Ed Yrs - Male     1/23/97
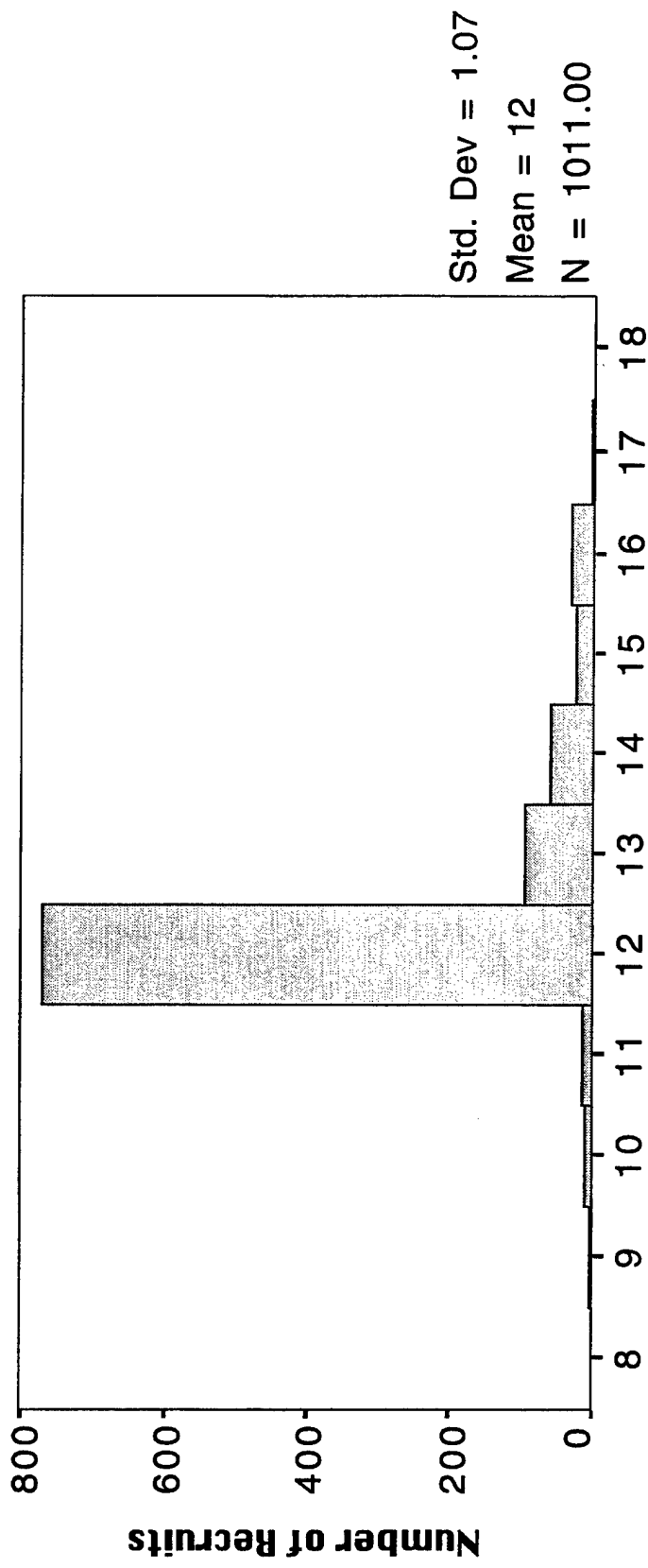
28 Jan 97 SPSS for Macintosh Release 6.1

G_HOME    Home state of MALE recruits  (Postal Abbreviation)

| Value | Freq | Pct | Cum Pct | Value | Freq | Pct | Cum Pct | Value | Freq | Pct | Cum Pct |
|---|---|---|---|---|---|---|---|---|---|---|---|
| AK | 15 | 1 | 1 | LA | 29 | 3 | 46 | OK | 18 | 2 | 74 |
| AL | 3 | 0 | 2 | MA | 9 | 1 | 46 | OR | 13 | 1 | 75 |
| AR | 42 | 4 | 6 | MD | 30 | 3 | 49 | OT | 1 | 0 | 75 |
| AZ | 6 | 1 | 6 | ME | 7 | 1 | 50 | PA | 34 | 3 | 79 |
| CA | 10 | 1 | 7 | MI | 34 | 3 | 53 | PR | 8 | 1 | 79 |
| CO | 73 | 7 | 14 | MN | 8 | 1 | 54 | RI | 2 | 0 | 79 |
| CT | 21 | 2 | 16 | MO | 22 | 2 | 56 | SC | 25 | 2 | 82 |
| DE | 11 | 1 | 17 | MS | 25 | 2 | 58 | SD | 3 | 0 | 82 |
| FL | 4 | 0 | 17 | MT | 6 | 1 | 59 | TN | 9 | 1 | 83 |
| GA | 83 | 8 | 25 | NC | 31 | 3 | 61 | TX | 83 | 8 | 91 |
| HI | 40 | 4 | 28 | ND | 4 | 0 | 62 | UT | 4 | 0 | 91 |
| IA | 7 | 1 | 29 | NE | 5 | 0 | 62 | VA | 42 | 4 | 95 |
| ID | 10 | 1 | 30 | NH | 2 | 0 | 62 | WA | 26 | 2 | 97 |
| IL | 7 | 1 | 31 | NJ | 14 | 1 | 64 | WI | 22 | 2 | 99 |
| IN | 60 | 6 | 36 | NM | 1 | 0 | 64 | WV | 8 | 1 | 100 |
| KS | 40 | 4 | 40 | NV | 5 | 0 | 64 | WY | 1 | 0 | 100 |
| KY | 12 | 1 | 41 | NY | 40 | 4 | 68 | | | | |
| | 23 | 2 | 43 | OH | 49 | 5 | 72 | | | | |

Valid cases    1087        Missing cases    0

# FJ '88 HOME STATE DISTRIBUTION - MALE

**Number of Recruits**

**Home State**

AK AR CA CT FL HI ID IN KY MA ME MN MS NC NE NJ NV OH OR PA RI SD TX VA WI WY
AL AZ CO DE GA IA IL KS LA MD MI MO MT ND NH NM NY OK OT RR SC TN UT WA WV

**FJ Charts: FJ Home - Male    1/24/97**

28 Jan 97 SPSS for Macintosh Release 6.1
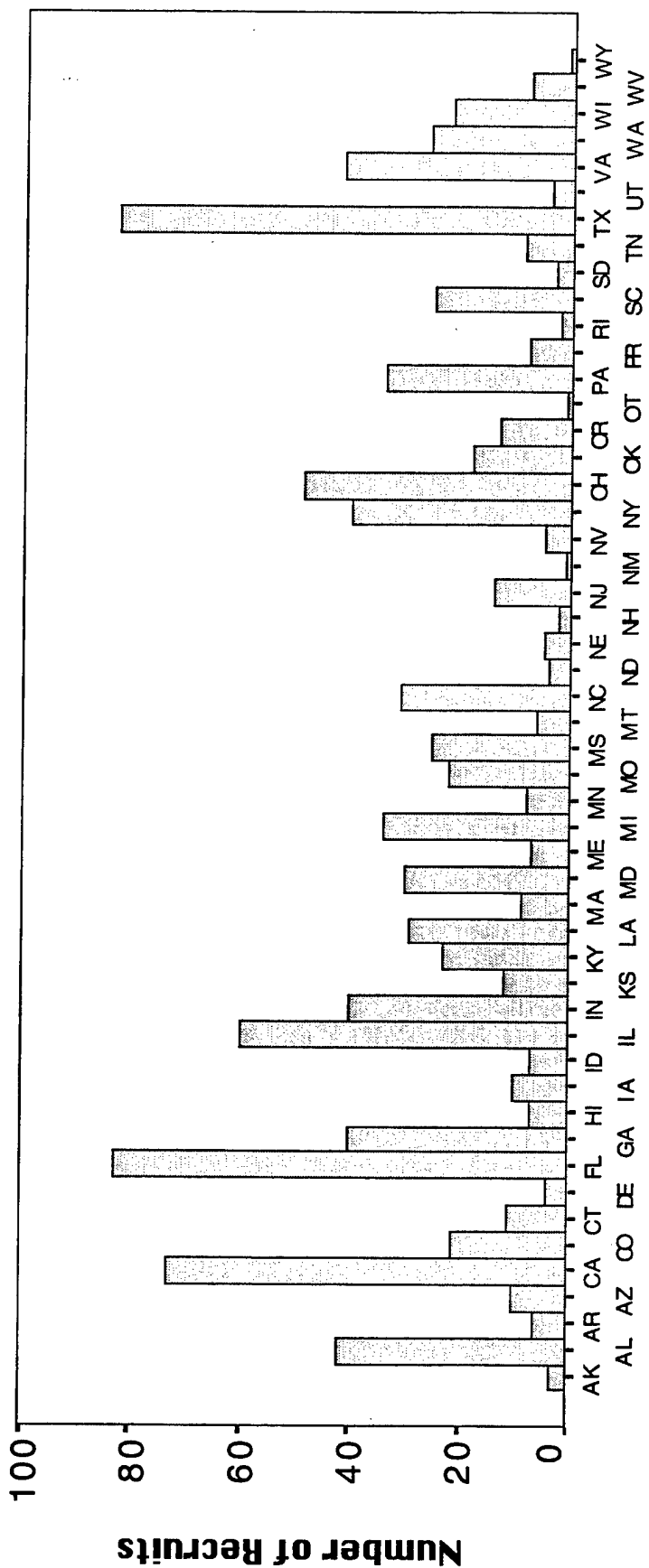
WEIGHT_1    Weight of MALE recruits in 5 kg groups

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 45-49.99 | 45.00 | 2 | .2 | .2 | .2 |
| 50-54.99 | 50.00 | 16 | 1.5 | 1.5 | 1.7 |
| 55-59.99 | 55.00 | 72 | 6.6 | 6.6 | 8.3 |
| 60-64.99 | 60.00 | 133 | 12.2 | 12.2 | 20.5 |
| 65-69.99 | 65.00 | 173 | 15.9 | 15.9 | 36.4 |
| 70-74.99 | 70.00 | 175 | 16.1 | 16.1 | 52.5 |
| 75-79.99 | 75.00 | 163 | 15.0 | 15.0 | 67.5 |
| 80-84.99 | 80.00 | 112 | 10.3 | 10.3 | 77.8 |
| 85-89.99 | 85.00 | 93 | 8.6 | 8.6 | 86.4 |
| 90-94.99 | 90.00 | 61 | 5.6 | 5.6 | 92.0 |
| 95-99.99 | 95.00 | 50 | 4.6 | 4.6 | 96.6 |
| 100-104.99 | 100.00 | 24 | 2.2 | 2.2 | 98.8 |
| 105-109.99 | 105.00 | 8 | .7 | .7 | 99.5 |
| 110-114.99 | 110.00 | 2 | .2 | .2 | 99.7 |
| 115-119.99 | 115.00 | 1 | .1 | .1 | 99.8 |
| 120-124.99 | 120.00 | 1 | .1 | .1 | 99.9 |
| 135-139.99 | 135.00 | 1 | .1 | .1 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

Statistics for AN_WT:

| | | | |
|---|---|---|---|
| Mean | 75.599 | Median | 74.000 | Mode | 69.900 |
| Std dev | 12.352 | Variance | 152.562 | Range | 88.400 |
| Minimum | 48.600 | Maximum | 137.000 | | |

Valid cases    1087    Missing cases    0

Note: Data below this line is not shown on graph

# FJ '88 WEIGHT DISTRIBUTION – MALE

Std. Dev = 12.35

Mean = 75.6

N = 1087.00

Number of Recruits
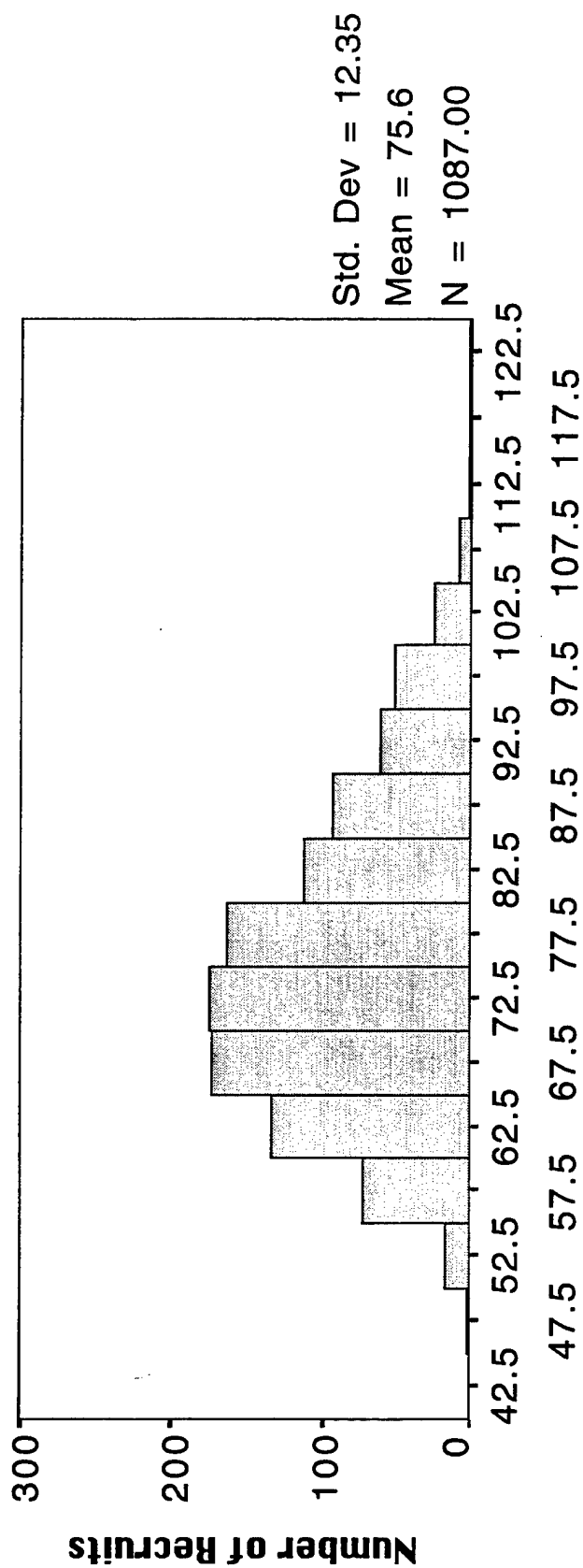
Weight of Recruits in 5 kg groups

FJ Charts:FJ An WT – Male   1/23/97

Weight Categories: 40-44.99, 45-49.99, 50-54.99, ..., 120-124.99

28 Jan 97 SPSS for Macintosh Release 6.1

HEIGHT_1    Height of MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 152-153.99 | 152.00 | 1 | .1 | .1 | .1 |
| 156-157.99 | 156.00 | 3 | .3 | .3 | .4 |
| 158-159.99 | 158.00 | 6 | .6 | .6 | .9 |
| 160-161.99 | 160.00 | 13 | 1.2 | 1.2 | 2.1 |
| 162-163.99 | 162.00 | 27 | 2.5 | 2.5 | 4.6 |
| 164-165.99 | 164.00 | 43 | 4.0 | 4.0 | 8.6 |
| 166-167.99 | 166.00 | 75 | 6.9 | 6.9 | 15.5 |
| 168-169.99 | 168.00 | 76 | 7.0 | 7.0 | 22.5 |
| 170-171.99 | 170.00 | 110 | 10.1 | 10.1 | 32.6 |
| 172-173.99 | 172.00 | 132 | 12.1 | 12.2 | 44.8 |
| 174-175.99 | 174.00 | 121 | 11.1 | 11.2 | 55.9 |
| 176-177.99 | 176.00 | 112 | 10.3 | 10.3 | 66.3 |
| 178-179.99 | 178.00 | 95 | 8.7 | 8.8 | 75.0 |
| 180-181.99 | 180.00 | 82 | 7.5 | 7.6 | 82.6 |
| 182-183.99 | 182.00 | 73 | 6.7 | 6.7 | 89.3 |
| 184-185.99 | 184.00 | 41 | 3.8 | 3.8 | 93.1 |
| 186-187.99 | 186.00 | 27 | 2.5 | 2.5 | 95.6 |
| 188-189.99 | 188.00 | 24 | 2.2 | 2.2 | 97.8 |
| 190-191.99 | 190.00 | 13 | 1.2 | 1.2 | 99.0 |
| 192-193.99 | 192.00 | 6 | .6 | .6 | 99.5 |
| 194-195.99 | 194.00 | 2 | .2 | .2 | 99.7 |
| 196-197.99 | 196.00 | 2 | .2 | .2 | 99.9 |
| 208-209.99 | 208.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| Total | | 1087 | 100.0 | 100.0 | |

Valid cases    1085    Missing cases    2

Statistics for AN_HT:

| Mean | 175.257 | Median | 175.000 | Mode | 175.000 |
| Std dev | 7.033 | Variance | 49.468 | Range | 55.700 |
| Minimum | 152.600 | Maximum | 208.300 | | |

**FJ '88 HEIGHT DISTRIBUTION – MALE**

Std. Dev = 7.03
Mean = 175
N = 1085.00

Number of Recruits
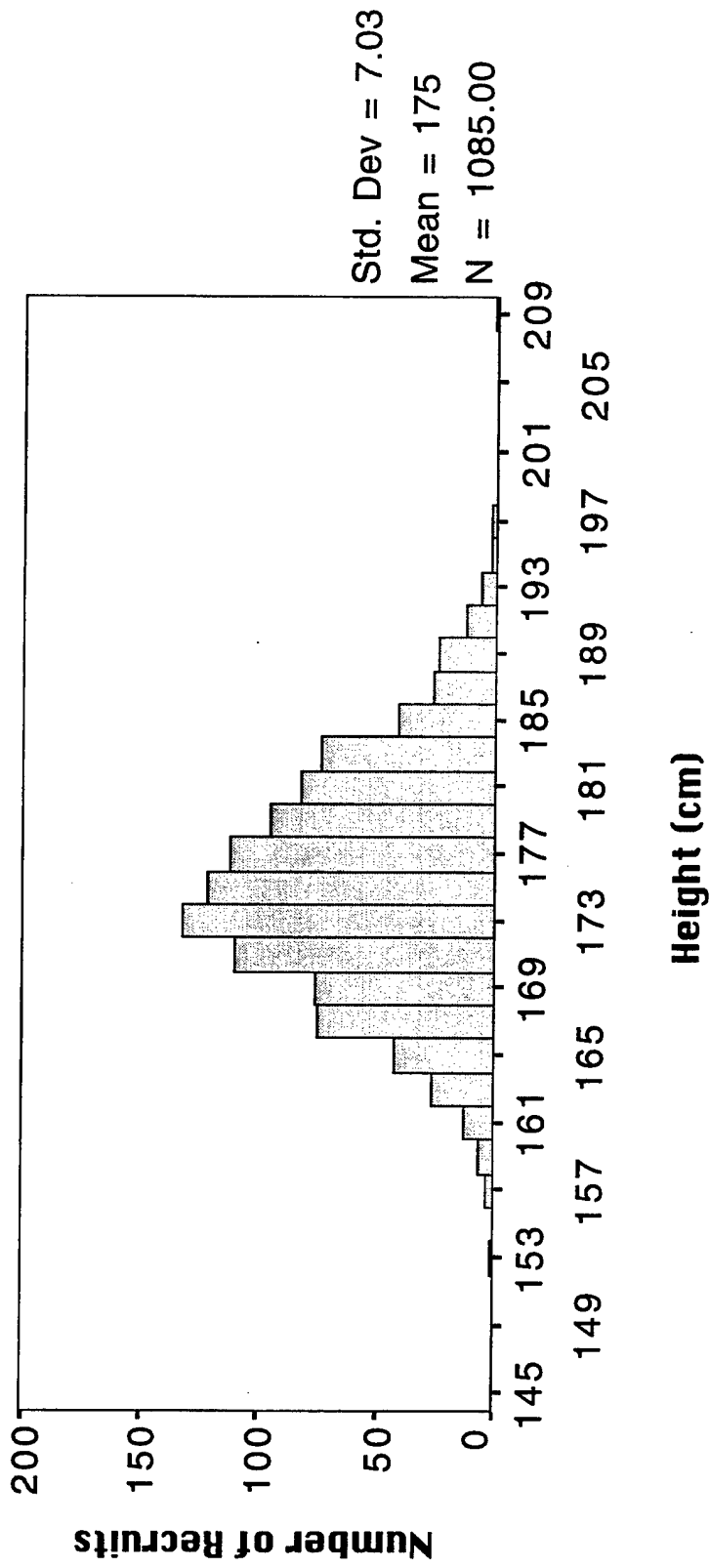
Height (cm)

FJ Charts:FJ An HT – Male   1/23/97

Height Categories: 144–145.99, 146–147.99, 148–149.99, ..., 208–209.99

BMI      Body Mass Index for MALE recruits in 1 kg/m^2 increments

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 17-17.99 | 17.00 | 4 | .4 | .4 | .4 |
| 18-18.99 | 18.00 | 20 | 1.8 | 1.8 | 2.2 |
| 19-19.99 | 19.00 | 70 | 6.4 | 6.5 | 8.7 |
| 20-20.99 | 20.00 | 98 | 9.0 | 9.0 | 17.7 |
| 21-21.99 | 21.00 | 96 | 8.8 | 8.8 | 26.5 |
| 22-22.99 | 22.00 | 113 | 10.4 | 10.4 | 37.0 |
| 23-23.99 | 23.00 | 132 | 12.1 | 12.2 | 49.1 |
| 24-24.99 | 24.00 | 97 | 8.9 | 8.9 | 58.1 |
| 25-25.99 | 25.00 | 118 | 10.9 | 10.9 | 68.9 |
| 26-26.99 | 26.00 | 67 | 6.2 | 6.2 | 75.1 |
| 27-27.99 | 27.00 | 53 | 4.9 | 4.9 | 80.0 |
| 28-28.99 | 28.00 | 63 | 5.8 | 5.8 | 85.8 |
| 29-29.99 | 29.00 | 48 | 4.4 | 4.4 | 90.2 |
| 30-30.99 | 30.00 | 45 | 4.1 | 4.1 | 94.4 |
| 31-31.99 | 31.00 | 41 | 3.8 | 3.8 | 98.2 |
| 32-32.99 | 32.00 | 16 | 1.5 | 1.5 | 99.6 |
| 33-33.99 | 33.00 | 2 | .2 | .2 | 99.8 |
| 34-34.99 | 34.00 | 2 | .2 | .2 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Mean        24.577     Median      24.140     Mode        23.900
Std dev      3.547     Variance    12.580     Range       17.200
Minimum     17.220     Maximum     34.420

Valid cases    1085    Missing cases    2

Statistics for AN_BMI:

Valid cases    1085    Missing cases    2

Formula:  Anth BMI:=Anth WT/(Anth HT/100)^2

# FJ '88 BMI DISTRIBUTION - MALE

Std. Dev = 3.55

Mean = 24.6

N = 1085.00

**Number of Recruits**

200  150  100  50  0

16.5  17.5  18.5  19.5  20.5  21.5  22.5  23.5  24.5  25.5  26.5  27.5  28.5  29.5  30.5  31.5  32.5  33.5  34.5
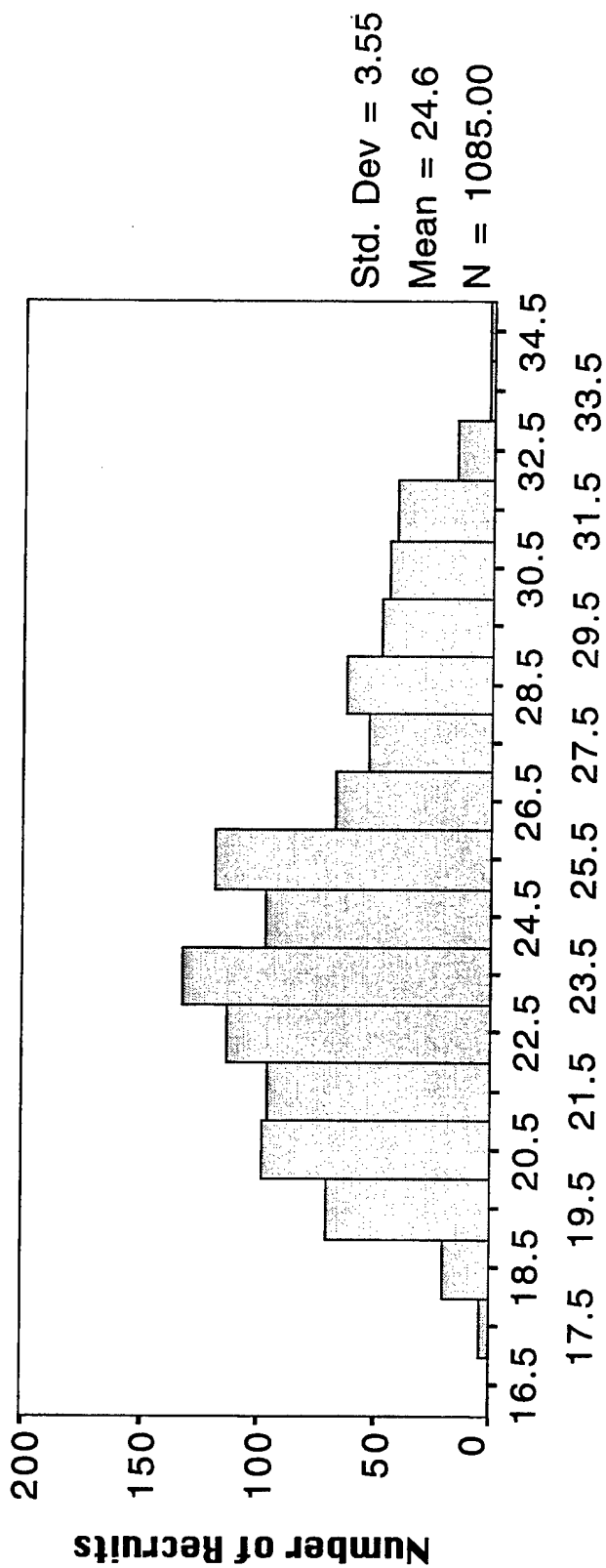
**Body Mass Index for Recruits (kg/m^2)**

FJ Charts:FJ An BMI - Male    1/23/97

BMI Categories:  16-16.99, 17-17.99, 18-18.99, ..., 34-34.99

28 Jan 97 SPSS for Macintosh Release 6.1

ARMYBF_1    Army Calculation of Percent Body Fat for MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 4-5.99 | 4.00 | 1 | .1 | .1 | .1 |
| 6-7.99 | 6.00 | 4 | .4 | .4 | .5 |
| 8-9.99 | 8.00 | 26 | 2.4 | 2.4 | 2.9 |
| 10-11.99 | 10.00 | 62 | 5.7 | 5.7 | 8.6 |
| 12-13.99 | 12.00 | 109 | 10.0 | 10.1 | 18.7 |
| 14-15.99 | 14.00 | 149 | 13.7 | 13.8 | 32.5 |
| 16-17.99 | 16.00 | 150 | 13.8 | 13.9 | 46.3 |
| 18-19.99 | 18.00 | 119 | 10.9 | 11.0 | 57.4 |
| 20-21.99 | 20.00 | 114 | 10.5 | 10.5 | 67.9 |
| 22-23.99 | 22.00 | 105 | 9.7 | 9.7 | 77.6 |
| 24-25.99 | 24.00 | 81 | 7.5 | 7.5 | 85.1 |
| 26-27.99 | 26.00 | 66 | 6.1 | 6.1 | 91.2 |
| 28-29.99 | 28.00 | 51 | 4.7 | 4.7 | 95.9 |
| 30-31.99 | 30.00 | 22 | 2.0 | 2.0 | 98.0 |
| 32-33.99 | 32.00 | 17 | 1.6 | 1.6 | 99.5 |
| 34-35.99 | 34.00 | 4 | .4 | .4 | 99.9 |
| 38-39.99 | 38.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 6 | .6 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1081    Missing cases    6

Statistics for ANARMYBF:

| Mean | 19.324 | Median | 18.600 | Mode | 16.100 |
|---|---|---|---|---|---|
| Std dev | 5.782 | Variance | 33.436 | Range | 34.000 |
| Minimum | 5.400 | Maximum | 39.400 | | |

Valid cases    1081    Missing cases    6

Formula (MALE): if (Anth Abd2>0, 46.892 - (68.678*Log10(Anth Ht))+
(76.462*Log10(Anth Abd Avg - Anth Nek Avg)), 0)

# FJ '88 ARMY % BODY FAT – MALE

Std. Dev = 5.78

Mean = 19

N = 1081.00

**Number of Recruits**

250
200
150
100
50
0

-1  1  3  5  7  9  11  13  15  17  19  21  23  25  27  29  31  33  35  37  39  41  43
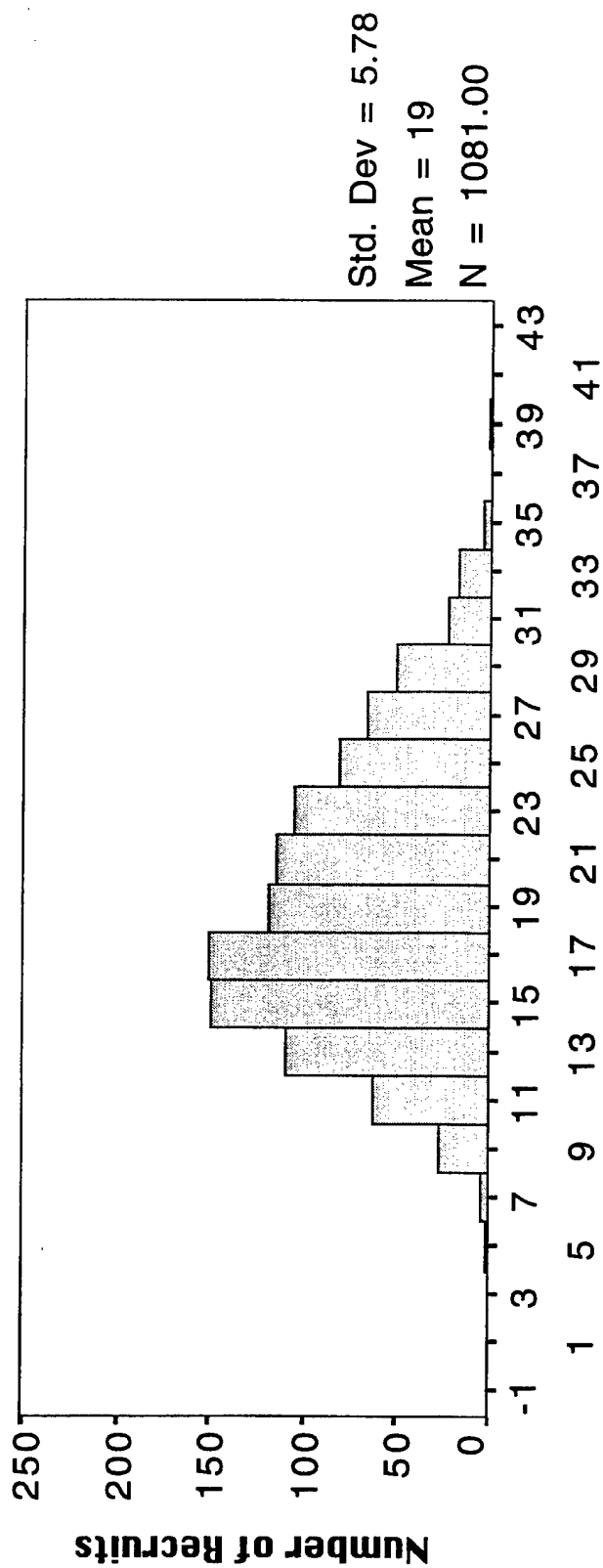
**Army Calculation of % Body Fat**

FJ Charts:FJ An Army % BF - Male   1/23/97

Army % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

28 Jan 97 SPSS for Macintosh Release 6.1

NAVYBF_1    Navy Calculation of Percent Body Fat for MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-1.99 | .00 | 1 | .1 | .1 | .1 |
| 2-3.99 | 2.00 | 9 | .8 | .8 | .9 |
| 4-5.99 | 4.00 | 34 | 3.1 | 3.1 | 4.1 |
| 6-7.99 | 6.00 | 54 | 5.0 | 5.0 | 9.1 |
| 8-9.99 | 8.00 | 122 | 11.2 | 11.3 | 20.4 |
| 10-11.99 | 10.00 | 141 | 13.0 | 13.0 | 33.4 |
| 12-13.99 | 12.00 | 140 | 12.9 | 13.0 | 46.3 |
| 14-15.99 | 14.00 | 109 | 10.0 | 10.1 | 56.4 |
| 16-17.99 | 16.00 | 98 | 9.0 | 9.1 | 65.5 |
| 18-19.99 | 18.00 | 102 | 9.4 | 9.4 | 74.9 |
| 20-21.99 | 20.00 | 76 | 7.0 | 7.0 | 82.0 |
| 22-23.99 | 22.00 | 73 | 6.7 | 6.8 | 88.7 |
| 24-25.99 | 24.00 | 56 | 5.2 | 5.2 | 93.9 |
| 26-27.99 | 26.00 | 33 | 3.0 | 3.1 | 96.9 |
| 28-29.99 | 28.00 | 14 | 1.3 | 1.3 | 98.2 |
| 30-31.99 | 30.00 | 14 | 1.3 | 1.3 | 99.5 |
| 32-33.99 | 32.00 | 4 | .4 | .4 | 99.9 |
| 38-39.99 | 38.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 6 | .6 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for ANNAVYBF:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 15.539 | Median | 14.600 | Mode | 13.400 |
| Std dev | 6.329 | Variance | 40.053 | Range | 37.900 |
| Minimum | .800 | Maximum | 38.700 | | |

Valid cases   1081    Missing cases    6

Formula (MALE): Anth Navy BF: if (Anth ADB Avg>0, ((4.95/Anth BD)-4.50)*100, 0)
with: Anth BD := if (Anth Abd3>0, 10324+(0.15456*Log10(Anth Ht))-
(0.19077*Log10(Anth Abd Avg - Abd Nek Avg)), 1)

# FJ '88 NAVY % BODY FAT – MALE

Std. Dev = 6.33

Mean = 16

N = 1081.00

**Number of Recruits** (vertical axis: 0, 50, 100, 150, 200, 250)

Horizontal axis (% Body Fat): -1  1  3  5  7  9  11  13  15  17  19  21  23  25  27  29  31  33  35  37  39  41  43
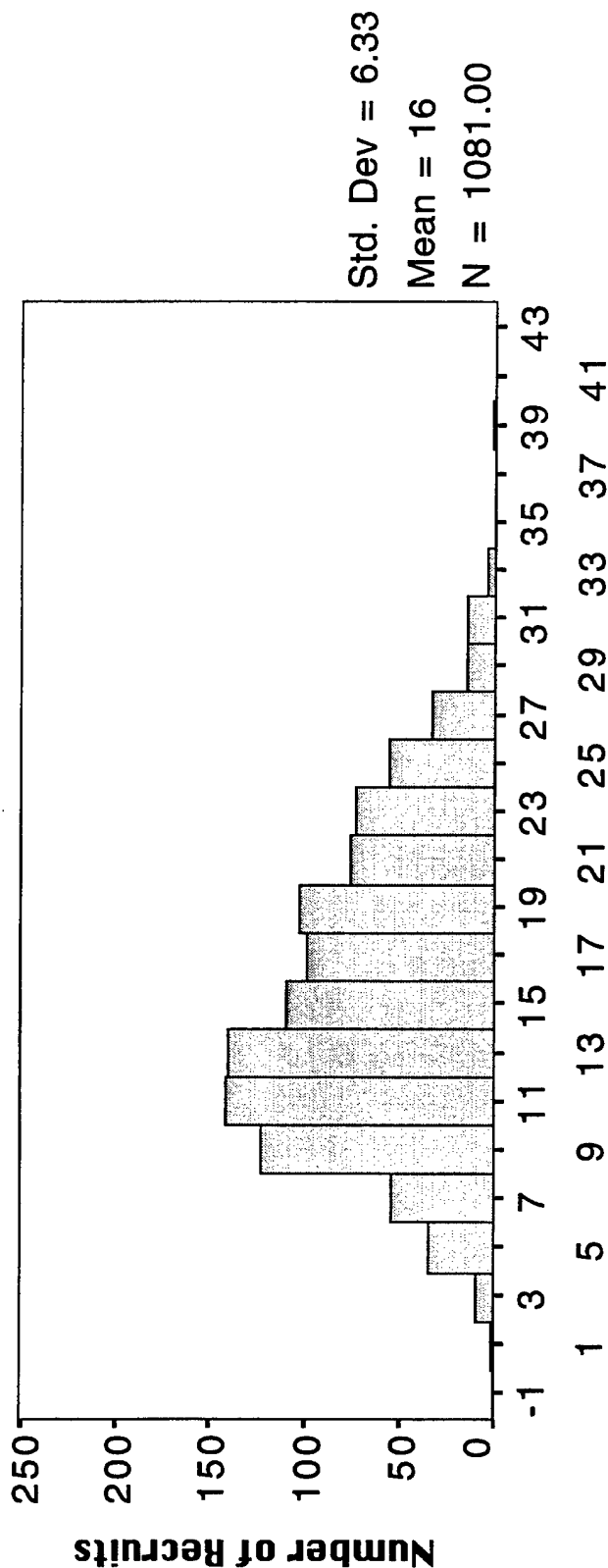
## Navy Calculation of % Body Fat

FJ Charts:FJ An Navy % BF – Male    1/23/97

Navy % BF categories: (-2)-(-0.01), 0-1.99, 2-3.99, ..., 42-43.99

NECK_1    Neck Size Distribution for MALE recruits (in cm):

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 31-31.99 | 31.00 | 3 | .3 | .3 | .3 |
| 32-32.99 | 32.00 | 14 | 1.3 | 1.3 | 1.6 |
| 33-33.99 | 33.00 | 55 | 5.1 | 5.1 | 6.6 |
| 34-34.99 | 34.00 | 103 | 9.5 | 9.5 | 16.1 |
| 35-35.99 | 35.00 | 157 | 14.4 | 14.4 | 30.5 |
| 36-36.99 | 36.00 | 177 | 16.3 | 16.3 | 46.8 |
| 37-37.99 | 37.00 | 209 | 19.2 | 19.2 | 66.1 |
| 38-38.99 | 38.00 | 163 | 15.0 | 15.0 | 81.0 |
| 39-39.99 | 39.00 | 103 | 9.5 | 9.5 | 90.5 |
| 40-40.99 | 40.00 | 56 | 5.2 | 5.2 | 95.7 |
| 41-41.99 | 41.00 | 30 | 2.8 | 2.8 | 98.4 |
| 42-42.99 | 42.00 | 12 | 1.1 | 1.1 | 99.5 |
| 43-43.99 | 43.00 | 2 | .2 | .2 | 99.7 |
| 44-44.99 | 44.00 | 2 | .2 | .2 | 99.9 |
| 45-45.99 | 45.00 | 1 | .1 | .1 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for ANNEKAVG:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 37.147 | Median | 37.170 | Mode | 38.430 |
| Std dev | 2.128 | Variance | 4.528 | Range | 13.860 |
| Minimum | 31.270 | Maximum | 45.130 | | |

Valid cases  1087    Missing cases  0

Note: ANNEKAVG is an average of three neck measuremetns

# FJ '88 NECK SIZE DISTRIBUTION – MALE

Std. Dev = 2.13

Mean = 37

N = 1087.00

**Number of Recruits**

300 — 200 — 100 — 0

26  27  28  29  30  31  32  33  34  35  36  37  38  39  40  41  42  43  44  45
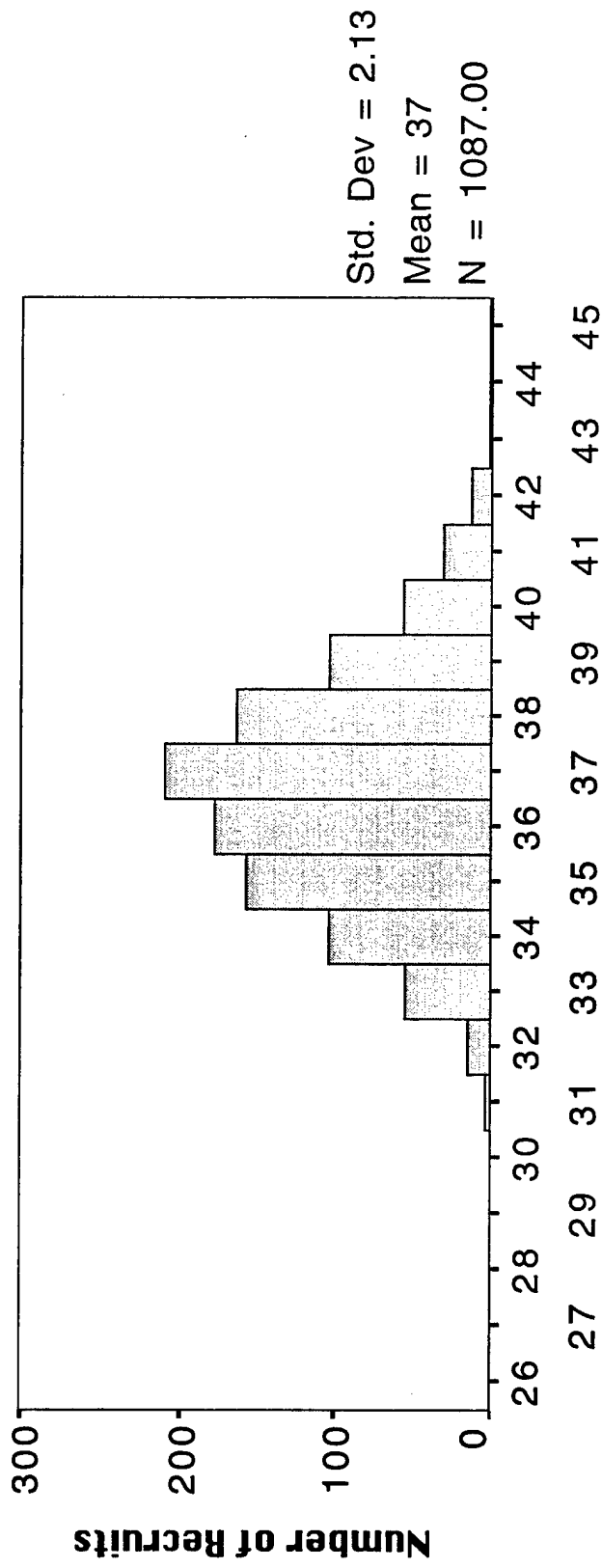
**Neck Measurement (cm)**

FJ Charts:FJ Neck – Male    1/23/97

Neck Size Categories: 26–26.99, 27–27.99, 28–28.99, ..., 45–45.99

28 Jan 97 SPSS for Macintosh Release 6.1

ABD_1    Abdomen Size Distribution for MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 30-34.99 | 30.00 | 1 | .1 | .1 | .1 |
| 35-39.99 | 35.00 | 1 | .1 | .1 | .2 |
| | | | | | Data above this line is not shown on graph |
| 60-64.99 | 60.00 | 3 | .3 | .3 | .5 |
| 65-69.99 | 65.00 | 44 | 4.0 | 4.1 | 4.5 |
| 70-74.99 | 70.00 | 201 | 18.5 | 18.5 | 23.0 |
| 75-79.99 | 75.00 | 246 | 22.6 | 22.7 | 45.7 |
| 80-84.99 | 80.00 | 182 | 16.7 | 16.8 | 62.5 |
| 85-89.99 | 85.00 | 150 | 13.8 | 13.8 | 76.3 |
| 90-94.99 | 90.00 | 113 | 10.4 | 10.4 | 86.7 |
| 95-99.99 | 95.00 | 84 | 7.7 | 7.7 | 94.5 |
| 100-104.99 | 100.00 | 44 | 4.0 | 4.1 | 98.5 |
| 105-109.99 | 105.00 | 11 | 1.0 | 1.0 | 99.5 |
| 110-114.99 | 110.00 | 4 | .4 | .4 | 99.9 |
| | | | | | Data below this line is not shown on graph |
| 130-134.99 | 130.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 2 | .2 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for ANABDAVG:

| | | | | |
|---|---|---|---|---|
| Mean | 82.882 | Median | 81.070 | Mode | 79.700 |
| Std dev | 9.793 | Variance | 95.911 | Range | 101.540 |
| Minimum | 31.130 | Maximum | 132.670 | | |

Valid cases    1085    Missing cases    2

Note:    ANABDAVG is an average of three abdominal measurements

FJ '88 ABDOMEN SIZE DISTRIBUTION - MALE

Number of Recruits

Std. Dev = 9.79
Mean = 82.9
N = 1085.00
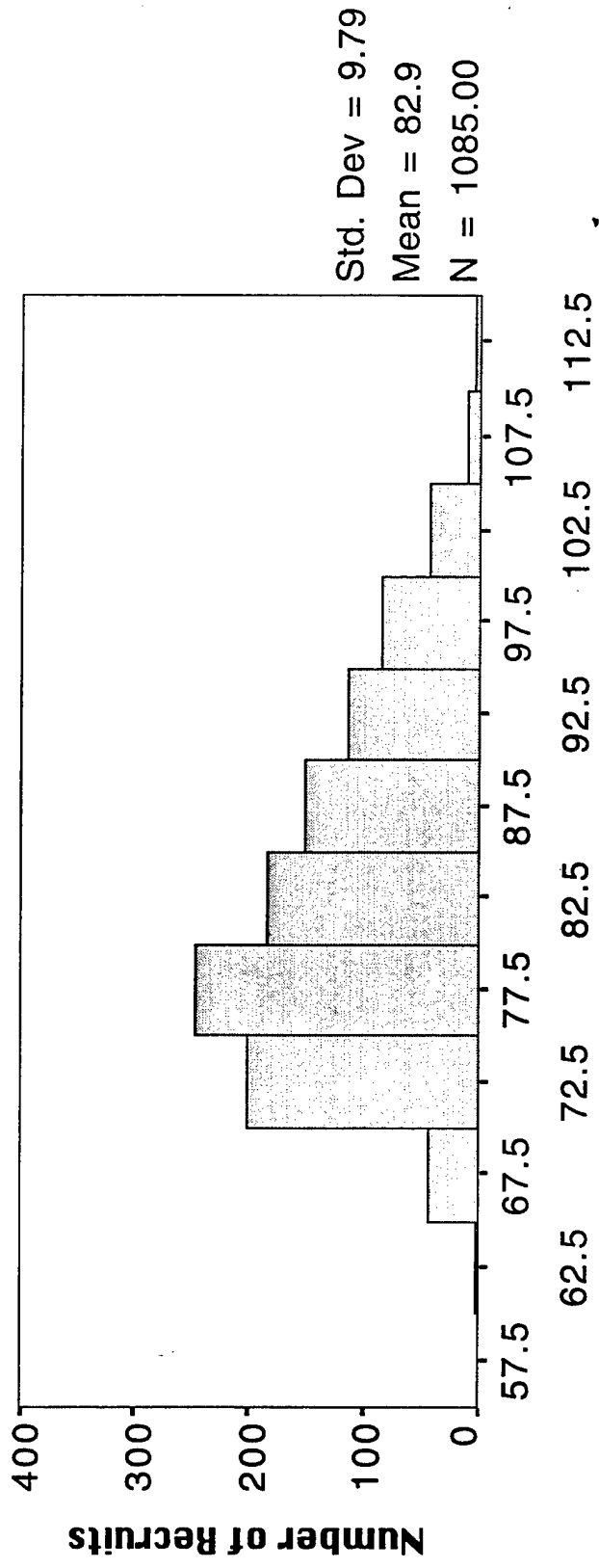
Abdomen Size (cm)

FJ Charts:FJ Abd - Male    1/23/97

Abdomen Size Categories: 55-59.99, 60-64.99, 65-69.99, ..., 110-114.99

28 Jan 97 SPSS for Macintosh Release 6.1

STRNGTH_1    Grip Test Strength (lb) of MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 30-39.99 | 30.00 | 1 | .1 | .1 | .1 |
| 40-49.99 | 40.00 | 3 | .3 | .3 | .4 |
| 50-59.99 | 50.00 | 3 | .3 | .3 | .7 |
| 60-69.99 | 60.00 | 5 | .5 | .5 | 1.3 |
| 70-79.99 | 70.00 | 9 | .8 | 1.0 | 2.2 |
| 80-89.99 | 80.00 | 38 | 3.5 | 4.1 | 6.3 |
| 90-99.99 | 90.00 | 93 | 8.6 | 10.0 | 16.3 |
| 100-109.99 | 100.00 | 154 | 14.2 | 16.5 | 32.8 |
| 110-119.99 | 110.00 | 185 | 17.0 | 19.8 | 52.6 |
| 120-129.99 | 120.00 | 181 | 16.7 | 19.4 | 71.9 |
| 130-139.99 | 130.00 | 130 | 12.0 | 13.9 | 85.9 |
| 140-149.99 | 140.00 | 61 | 5.6 | 6.5 | 92.4 |
| 150-159.99 | 150.00 | 38 | 3.5 | 4.1 | 96.5 |
| 160-169.99 | 160.00 | 19 | 1.7 | 2.0 | 98.5 |
| 170-179.99 | 170.00 | 7 | .6 | .7 | 99.3 |
| 180-189.99 | 180.00 | 6 | .6 | .6 | 99.9 |
| 200-209.99 | 200.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 153 | 14.1 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for ANSTRAVG:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 119.168 | Median | 118.670 | Mode | 110.000 |
| Std dev | 21.225 | Variance | 450.504 | Range | 171.670 |
| Minimum | 32.000 | Maximum | 203.670 | | |

Valid cases    934    Missing cases    153

Note: ANSTRAVG is an average of three strength measurements.

# FJ '88 STRENGTH DISTRIBUTION – MALE

Std. Dev = 21.23

Mean = 119

N = 934.00

**Number of Recruits** (y-axis: 0, 100, 200, 300)

**Grip Strength Test (lbs)** (x-axis: 25, 35, 45, 55, 65, 75, 85, 95, 105, 115, 125, 135, 145, 155, 165, 175, 185, 195, 205)
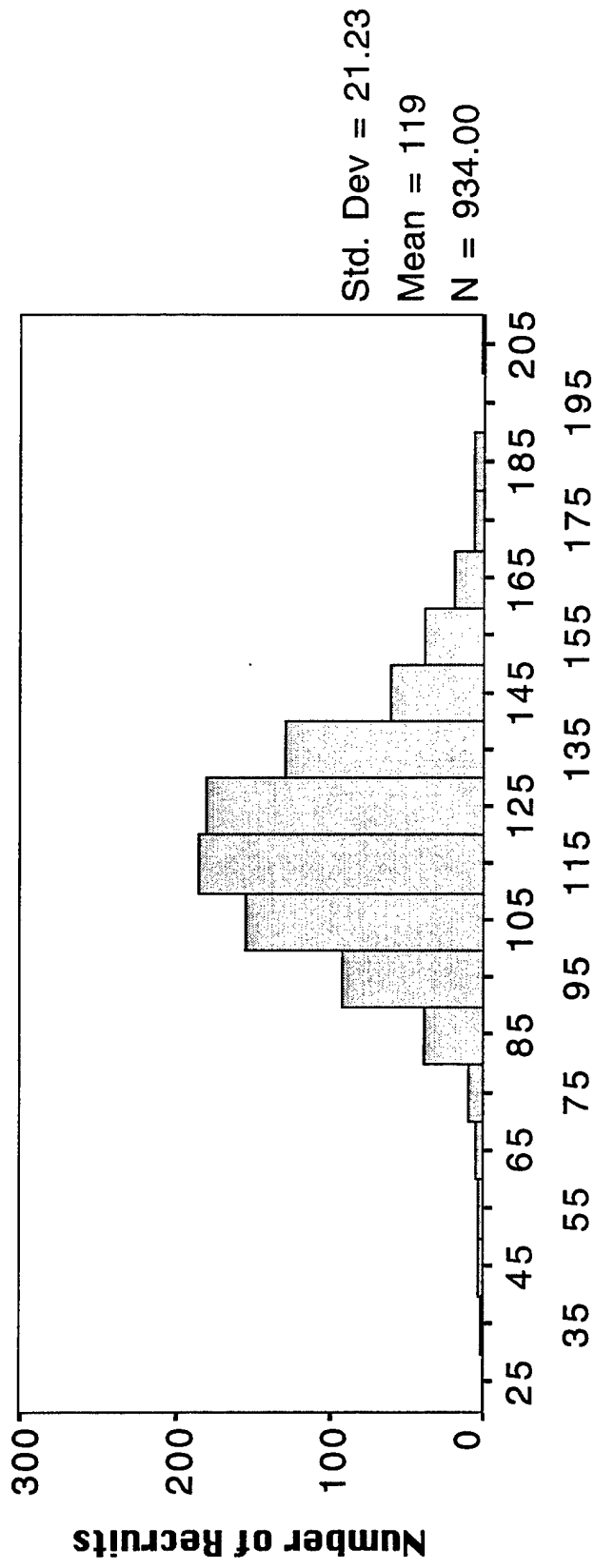
FJ Charts:FJ Strength – Male   1/23/97

Strength Categories:  20-29.99, 30-39.99, 40-49.99, ..., 200-209.99

28 Jan 97  SPSS for Macintosh Release 6.1

FLXAVG_1    Flexibility of MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| -4-(-.01) | -4.00 | 1 | .1 | .1 | .1 |
| 4-5.99 | 4.00 | 1 | .1 | .1 | .2 |
| 8-9.99 | 8.00 | 1 | .1 | .1 | .3 |
| 12-13.99 | 12.00 | 3 | .3 | .3 | .6 |
| 14-15.99 | 14.00 | 8 | .7 | .7 | 1.3 |
| 16-17.99 | 16.00 | 10 | .9 | .9 | 2.2 |
| 18-19.99 | 18.00 | 21 | 1.9 | 1.9 | 4.1 |
| 20-21.99 | 20.00 | 17 | 1.6 | 1.6 | 5.7 |
| 22-23.99 | 22.00 | 33 | 3.0 | 3.0 | 8.7 |
| 24-25.99 | 24.00 | 64 | 5.9 | 5.9 | 14.6 |
| 26-27.99 | 26.00 | 77 | 7.1 | 7.1 | 21.7 |
| 28-29.99 | 28.00 | 88 | 8.1 | 8.1 | 29.8 |
| 30-31.99 | 30.00 | 92 | 8.5 | 8.5 | 38.3 |
| 32-33.99 | 32.00 | 127 | 11.7 | 11.7 | 50.0 |
| 34-35.99 | 34.00 | 146 | 13.4 | 13.4 | 63.4 |
| 36-37.99 | 36.00 | 106 | 9.8 | 9.8 | 73.1 |
| 38-39.99 | 38.00 | 123 | 11.3 | 11.3 | 84.5 |
| 40-41.99 | 40.00 | 72 | 6.6 | 6.6 | 91.1 |
| 42-43.99 | 42.00 | 50 | 4.6 | 4.6 | 95.7 |
| 44-45.99 | 44.00 | 27 | 2.5 | 2.5 | 98.2 |
| 46-47.99 | 46.00 | 14 | 1.3 | 1.3 | 99.4 |
| 48-49.99 | 48.00 | 6 | .6 | .6 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Note: Data above this
line is not shown on graph

Statistics for ANFLXAVG:

| Mean | 33.252 | Median | 34.000 | Mode | 34.500 |
|---|---|---|---|---|---|
| Std dev | 6.912 | Variance | 47.781 | Range | 53.500 |
| Minimum | -4.000 | Maximum | 49.500 | | |

Valid cases   1087    Missing cases   0

Note:  ANFLXAVG is an average of three Flexibility measurements

FJ '88 FLEXIBILITY DISTRIBUTION – MALE

Std. Dev = 6.91

Mean = 33

N = 1087.00

Number of Recruits
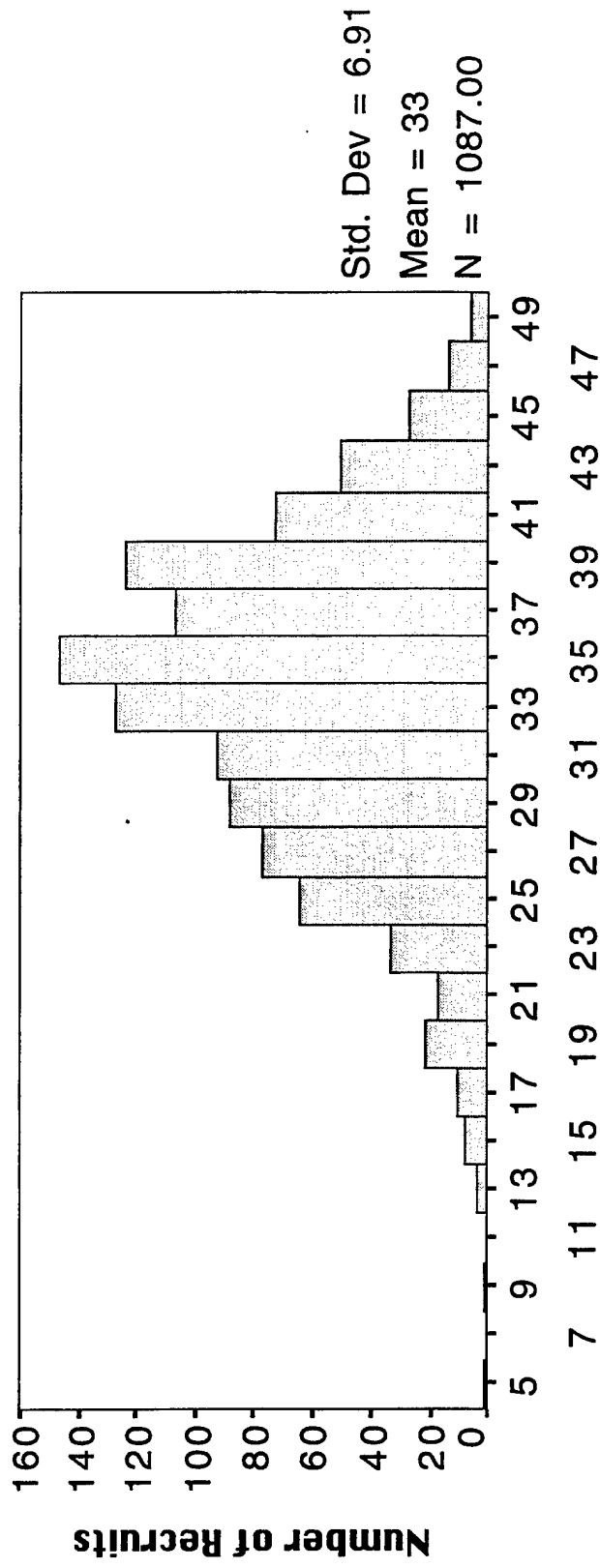
Flexibility (cm)

FJ Charts:FJ Flex – Male    1/24/97

Flexibility Categories:  4–5.99, 6–7.99, 8–9.99, ..., 48–49.99

28 Jan 97 SPSS for Macintosh Release 6.1

MH_SMK   Recruit Smoked within the Past Year (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 456 | 42.0 | 42.3 | 42.3 |
| NO | 2 | 621 | 57.1 | 57.7 | 100.0 |
| UNKNOWN | 0 | 10 | .9 | Missing | |
| | | ------ | ------ | ------ | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases   1077   Missing cases   10

Actual Question Asked:   Have you smoked one or more cigarettes in the past year?

# FJ '88 SMOKING DISTRIBUTION – MALE

**Number of Recruits**

700 — 600 — 500 — 400 — 300 — 200 — 100 — 0

| YES | NO |
|-----|-----|
| 456 | 621 |

**Recruit Smoked Within Past Year**

**FJ Charts: FJ Smoke – Male    1/24/97**
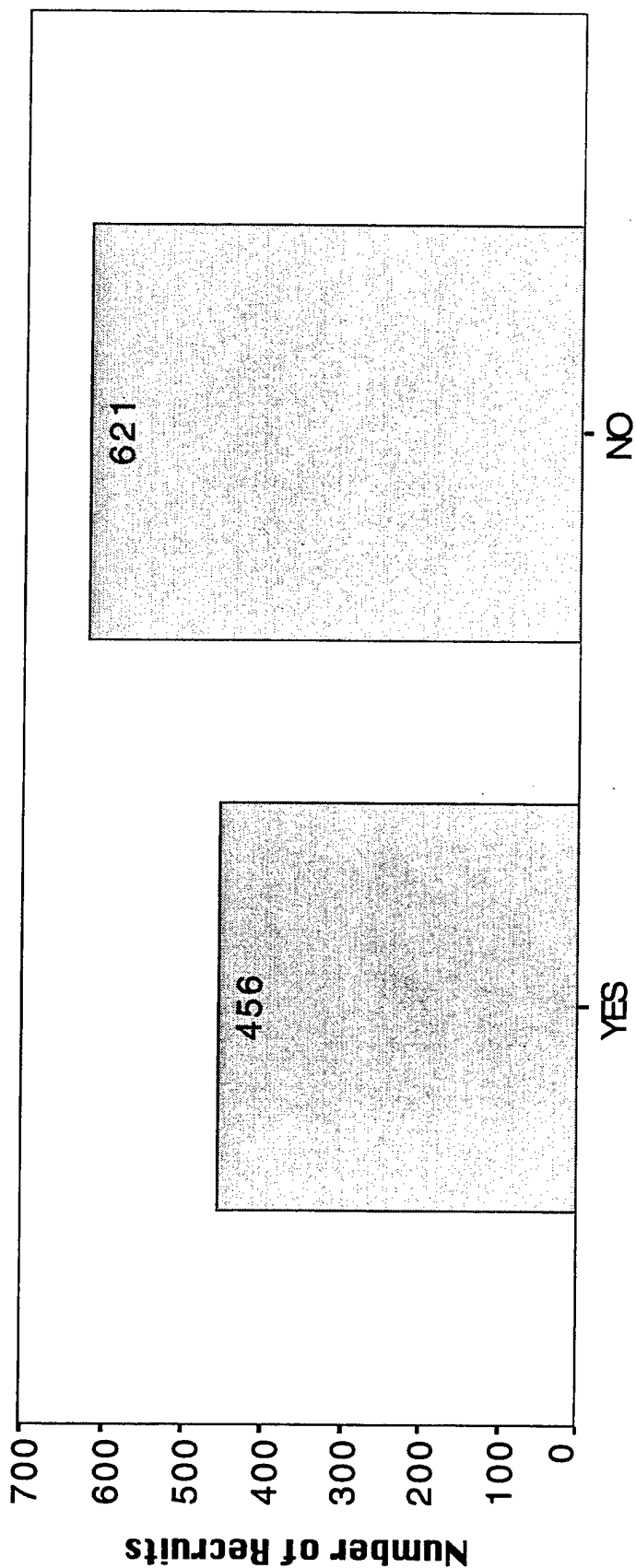
28 Jan 97 SPSS for Macintosh Release 6.1

YRSSMK    Number of Years Smoked (for MALE recruits)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-.9 | 0 | 1 | .1 | .2 | .2 |
| 1-1.9 | 1 | 90 | 8.3 | 20.2 | 20.4 |
| 2-2.9 | 2 | 62 | 5.7 | 13.9 | 34.3 |
| 3-3.9 | 3 | 65 | 6.0 | 14.6 | 48.9 |
| 4-4.9 | 4 | 62 | 5.7 | 13.9 | 62.8 |
| 5-5.9 | 5 | 50 | 4.6 | 11.2 | 74.0 |
| 6-6.9 | 6 | 31 | 2.9 | 7.0 | 80.9 |
| 7-7.9 | 7 | 19 | 1.7 | 4.3 | 85.2 |
| 8-8.9 | 8 | 15 | 1.4 | 3.4 | 88.6 |
| 9-9.9 | 9 | 8 | .7 | 1.8 | 90.4 |
| 10-10.9 | 10 | 17 | 1.6 | 3.8 | 94.2 |
| 11-11.9 | 11 | 8 | .7 | 1.8 | 96.0 |
| 12-12.9 | 12 | 6 | .6 | 1.3 | 97.3 |
| 13-13.9 | 13 | 5 | .5 | 1.1 | 98.4 |
| 14-14.9 | 14 | 1 | .1 | .2 | 98.7 |
| 15-15.9 | 15 | 2 | .2 | .4 | 99.1 |
| 19-19.9 | 19 | 2 | .2 | .4 | 99.6 |
| 20-20.9 | 20 | 2 | .2 | .4 | 100.0 |
| Missing | . | 641 | 59.0 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for NMH_YRSMK:

| Mean | 4.342 | Median | 4.000 | Mode | 1.000 |
|---|---|---|---|---|---|
| Std dev | 3.339 | Variance | 11.147 | Range | 19.500 |
| Minimum | .500 | Maximum | 20.000 | | |

Valid cases   446        Missing cases   641

Actual Question:  How many years have you smoked one or more cigarettes?

# FJ '88 YEARS SMOKED DISTRIBUTION – MALE

**Number of Recruits**

**Number of Years Smoked**

Std. Dev = 3.34

Mean = 4

N = 446.00
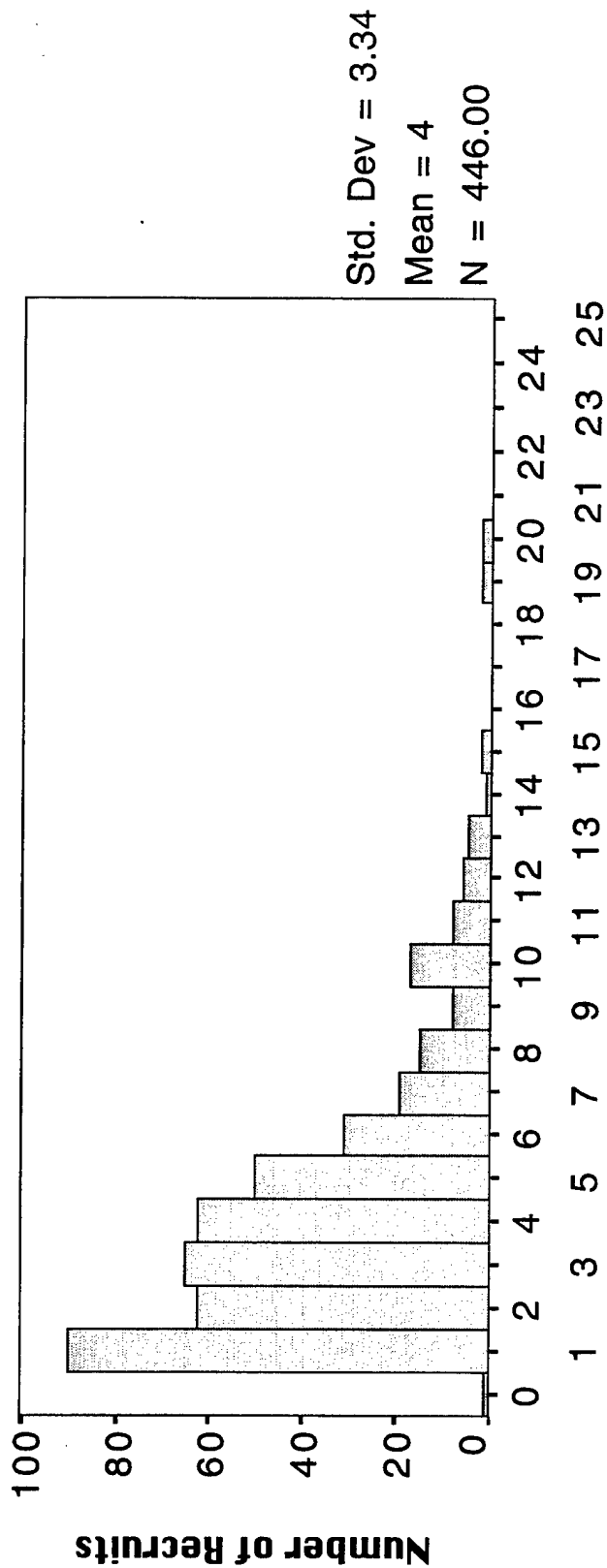
FJ Charts:FJ YrsSmoke – Male      1/24/97

YrsSmoke Categories: 0–0.99, 1–1.99, 2–2.99, ..., 25–25.99

05 Feb 97 SPSS for Macintosh Release 6.1

CIG_DAY    Number of Cigarettes Smoked per day (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Didn't Smoke | 1 | 401 | 36.9 | 51.6 | 51.6 |
| < 10 cig/day | 2 | 122 | 11.2 | 15.7 | 67.3 |
| 10-19 cig/day | 3 | 94 | 8.6 | 12.1 | 79.4 |
| 20-29 cig/day | 4 | 113 | 10.4 | 14.5 | 94.0 |
| 30 or More cig/day | 5 | 47 | 4.3 | 6.0 | 100.0 |
| Missing | . | 310 | 28.5 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    777    Missing cases    310

Actual Question Asked:    In the one month before coming in the Army, on average, how many cigarettes did you smoke each day?

**FJ 88' SMOKING DISTRIBUTION – MALES**

Number of Recruits

Number of Cigarettes Smoked per day

Std. Dev = 11.85
Mean = 15
N = 378.00
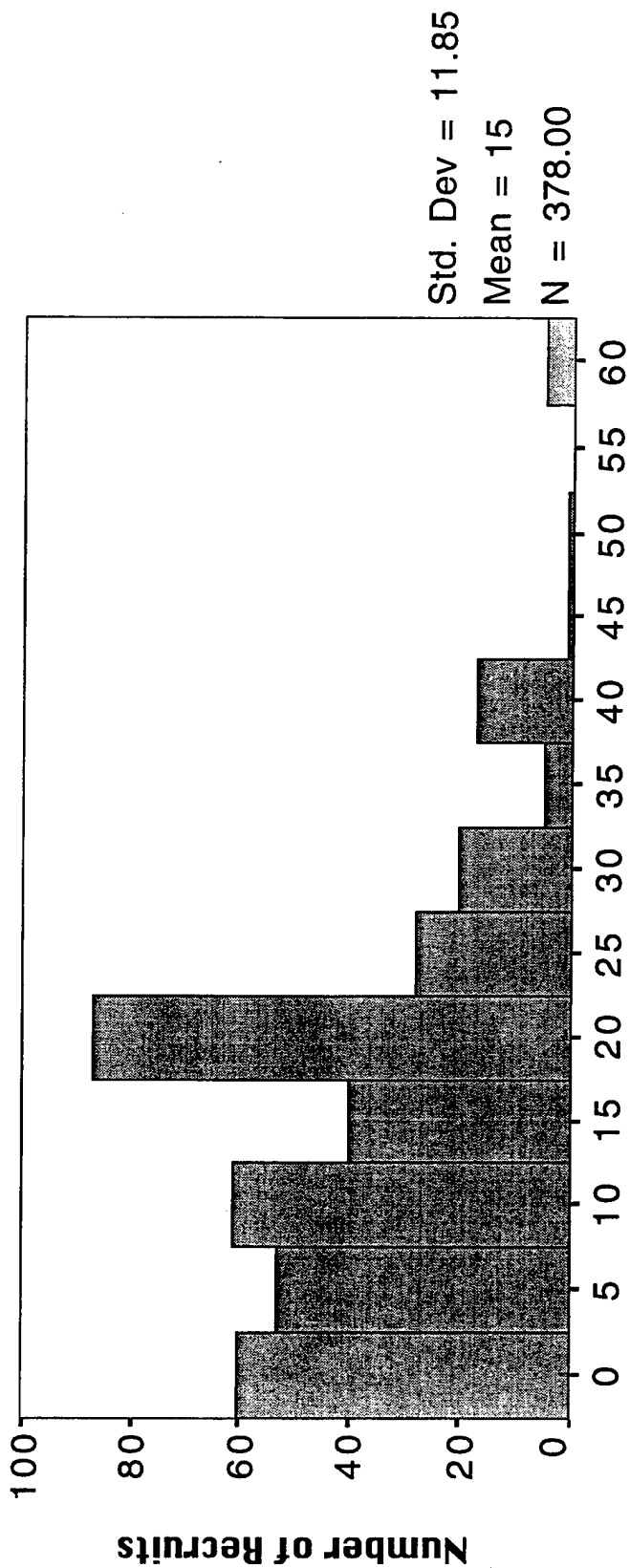
FJ Charts: FJ MH_CIG_D – Male 2/5/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_HOSP    Recruit had History of Hospitalization (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 186 | 17.1 | 17.1 | 17.1 |
| NO | 2 | 901 | 82.9 | 82.9 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

Actual Question Asked:    Have you ever had an injury that caused you to be hospitalized overnight?

# FJ '88 HISTORY OF HOSPITALIZATION DISTRIBUTION – MALE

Number of Recruits

1200 — 1000 — 800 — 600 — 400 — 200 — 0

186    YES

901    NO
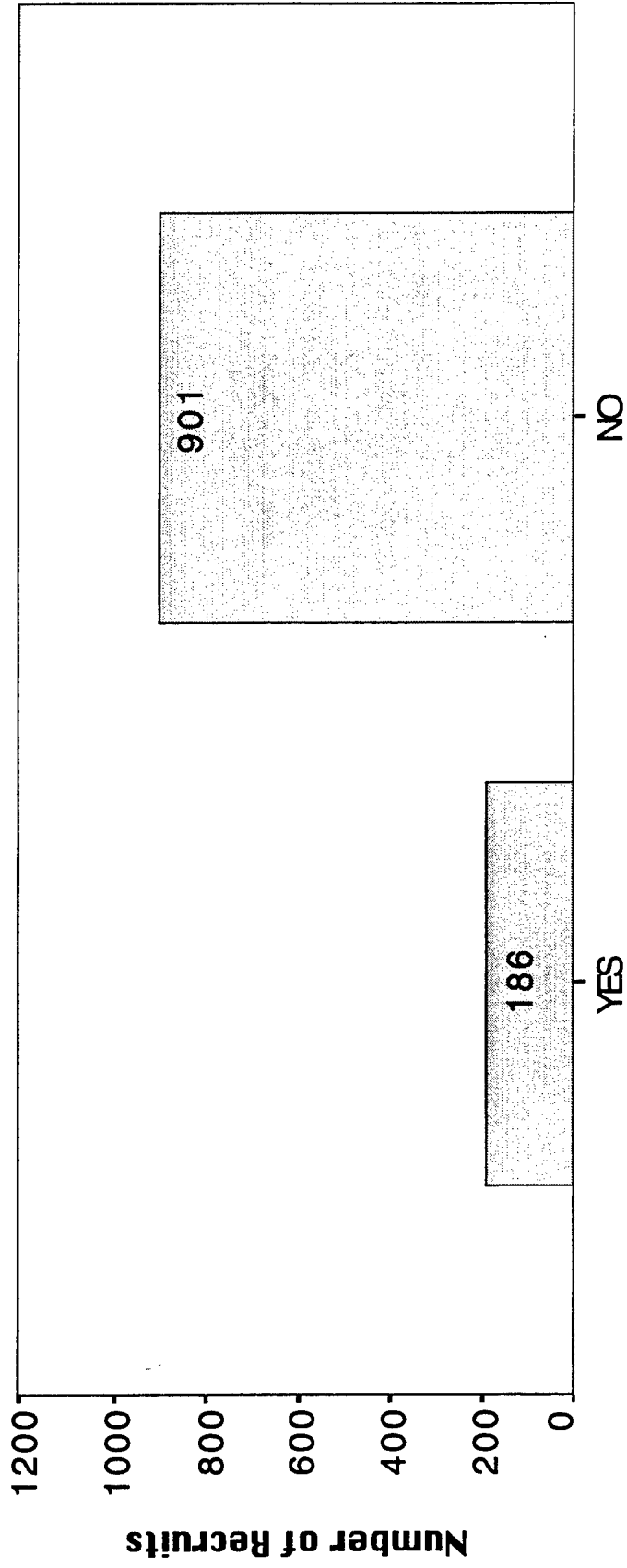
Recruit Had History of Hospitalization

FJ Charts: FJ Hosp – Male    1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_SFX    Recruit had History of Stress FX (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 25 | 2.3 | 2.3 | 2.3 |
| NO | 2 | 1062 | 97.7 | 97.7 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

# FJ '88 PREVIOUS STRESS FX DISTRIBUTION – MALE

**Number of Recruits**

1200 —

1000 —

800 —

600 —

400 —

200 —

0 —

1062

YES

NO
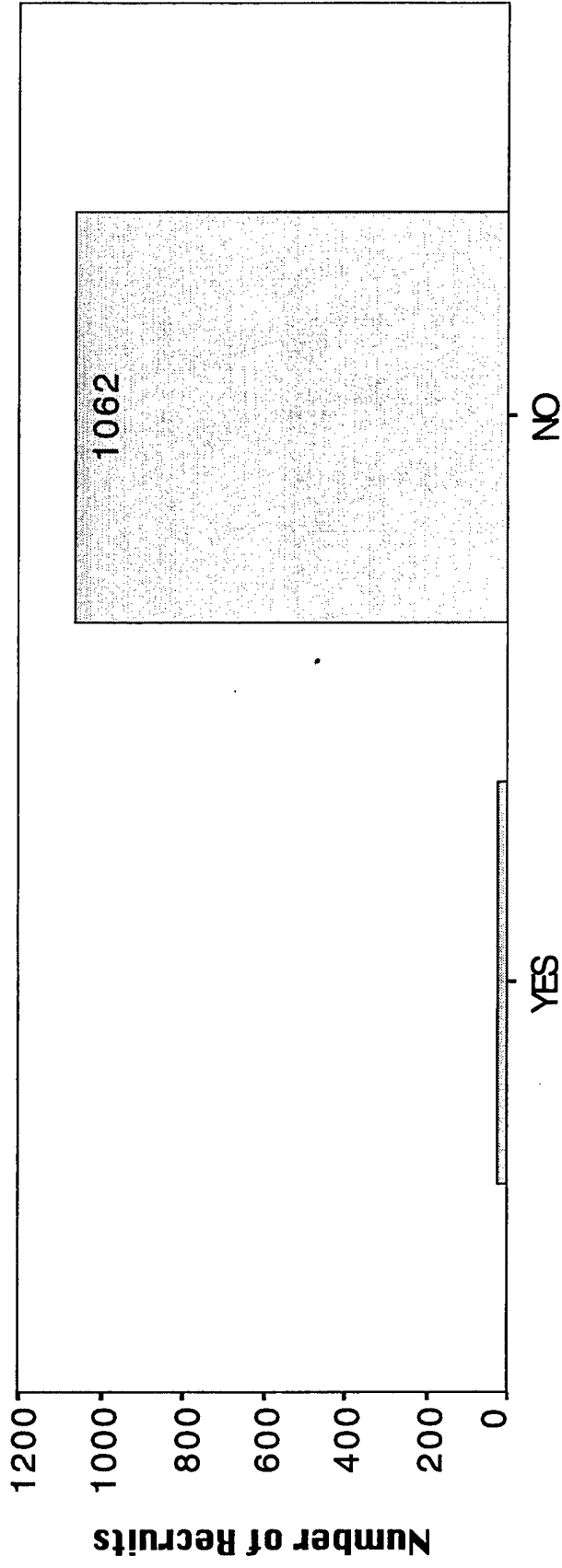
**Recruit had History of Stress Fracture**

**FJ Charts: FJ StrFx – Male     1/24/97**

28 Jan 97 SPSS for Macintosh Release 6.1

HH_SURG    Recruit had History of Surgery (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 314 | 28.9 | 28.9 | 28.9 |
| NO | 2 | 773 | 71.1 | 71.1 | 100.0 |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

Actual Question Asked:    Have you ever had an injury that required surgery to repair the damage?

# FJ '88 HISTORY OF SURGERY DISTRIBUTION – MALE
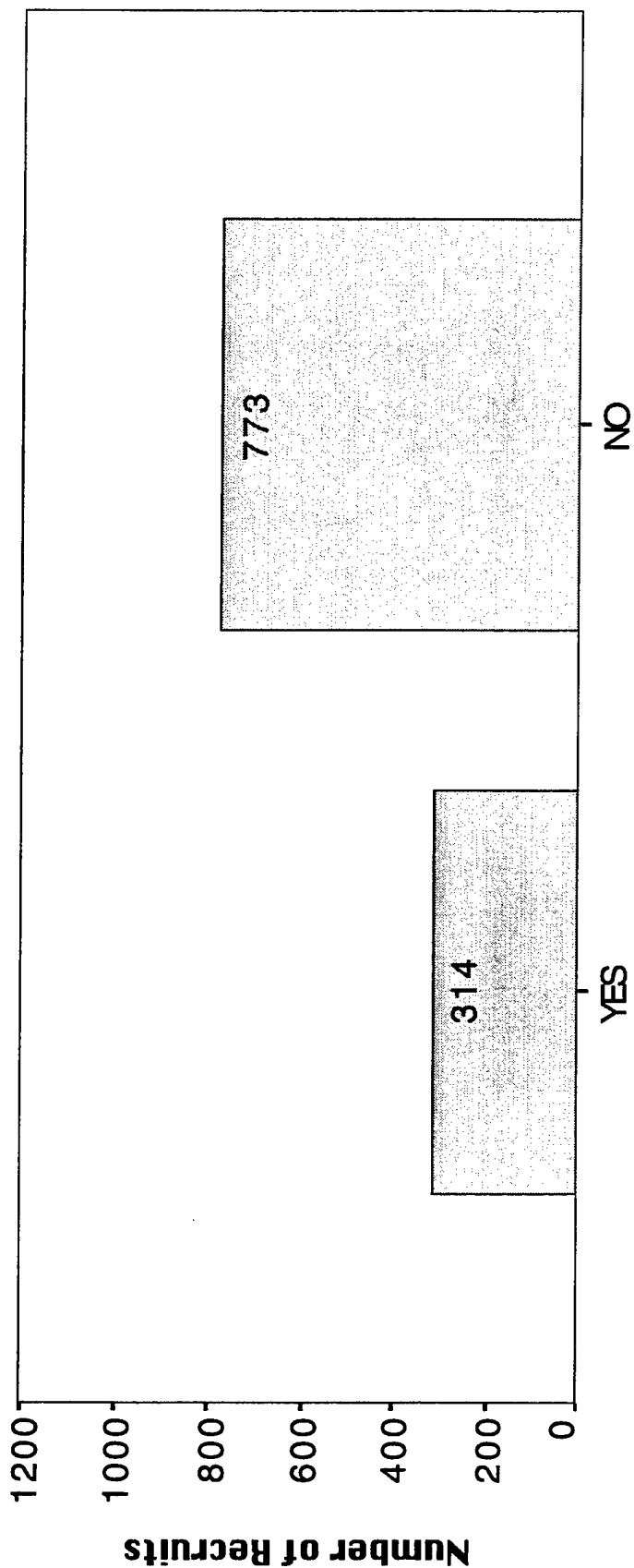


**Recruit Had History of Surgery**

FJ Charts: FJ Surgery – Male    1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

HH_FLU   Had cold or flu in the past two weeks (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 263 | 24.2 | 24.2 | 24.2 |
| NO | 2 | 824 | 75.8 | 75.8 | 100.0 |
| | | ------ | ------ | ------ | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases   1087   Missing cases   0

Actual Question Asked:   Have you had a cold or flu in the past two weeks?

# FJ '88 FLU DISTRIBUTION – MALE



Bar chart. Y-axis: Number of Recruits (0 to 1400). X-axis: Had Cold or Flu Within Past Two Weeks.

- YES: 263
- NO: 824
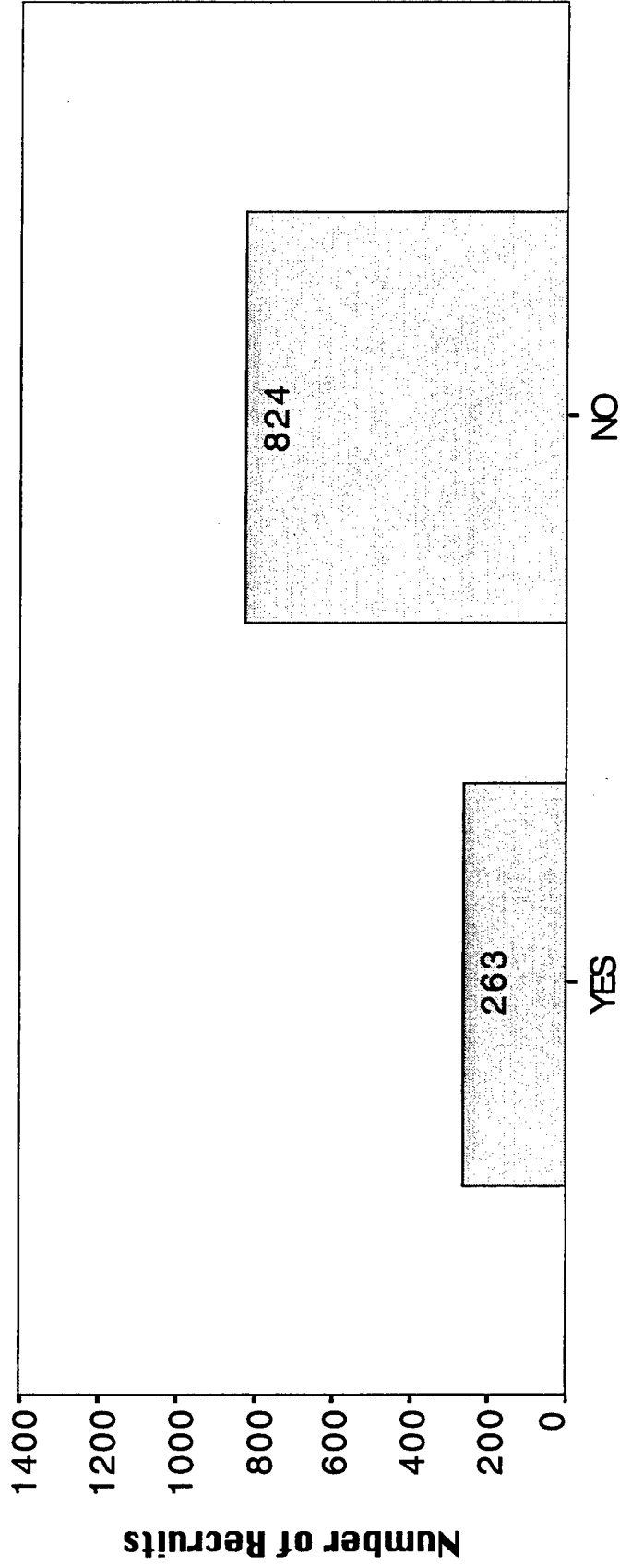
**Had Cold or Flu Within Past Two Weeks**

FJ Charts: FJ Flu – Male     1/24/97

# FJ '88 % CHANGE FROM RUN1 TO RUN4 - MALE

Std. Dev = 8.56

Mean = -13.7

N = 363.00

**Number of Recruits** (vertical axis: 0, 20, 40, 60, 80, 100)

Horizontal axis: -47.5, -42.5, -37.5, -32.5, -27.5, -22.5, -17.5, -12.5, -7.5, -2.5, 2.5, 7.5, 12.5, 17.5
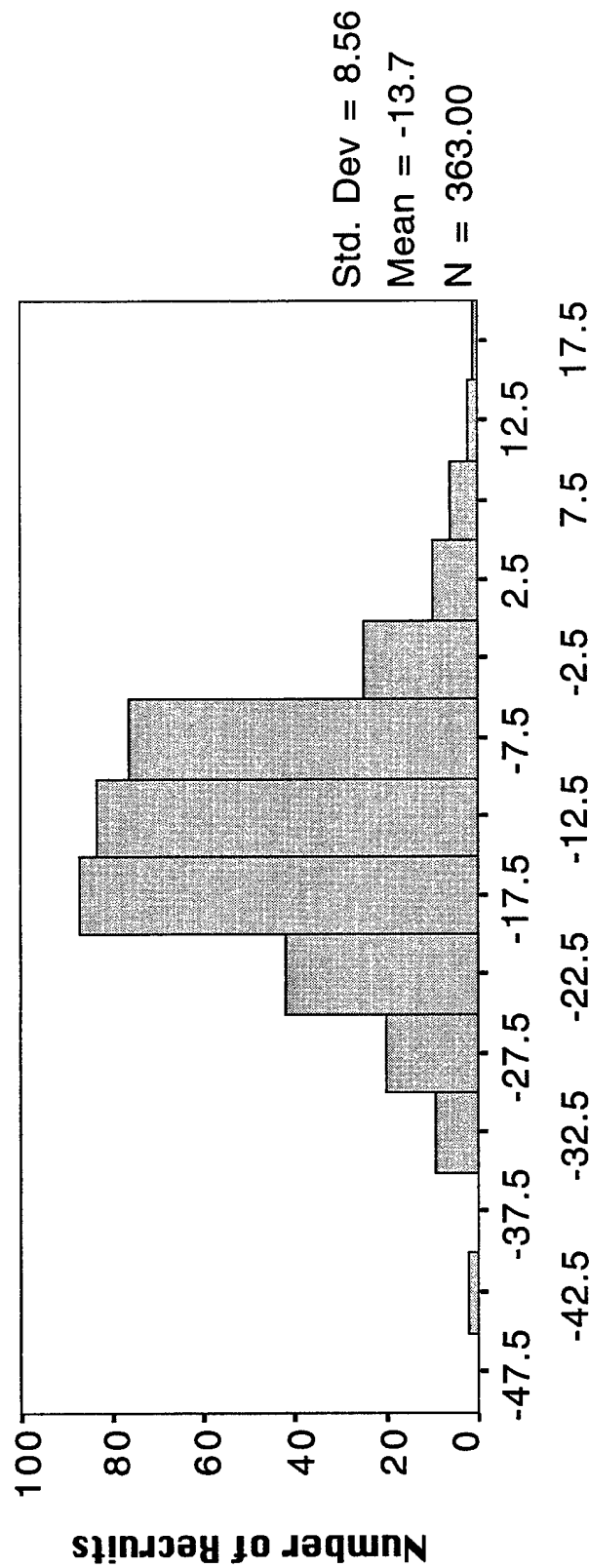
## % Change from Run Time for PT Test 1 to Run Time for PT Test 4

FJ Charts:FJ del%Run - Male 1/24/97    [-100%= ran twice as fast]

del%Run categories: (-50)-(-45.1), (-45)-(-40.1), ..., 10-14.9, 15-19.9

28 Jan 97 SPSS for Macintosh Release 6.1

HH_FEV   Had a fever in the past two weeks (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 102 | 9.4 | 9.4 | 9.4 |
| NO | 2 | 985 | 90.6 | 90.6 | 100.0 |
| | | ------- | ------ | ------ | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1087    Missing cases    0

# FJ '88 FEVER DISTRIBUTION – MALE

**Number of Recruits**

1400
1200
1000
800
600
400
200
0

985

102

YES

NO

**Had a Fever Within Past Two Weeks**

**FJ Charts: FJ Fever – Male**     1/24/97
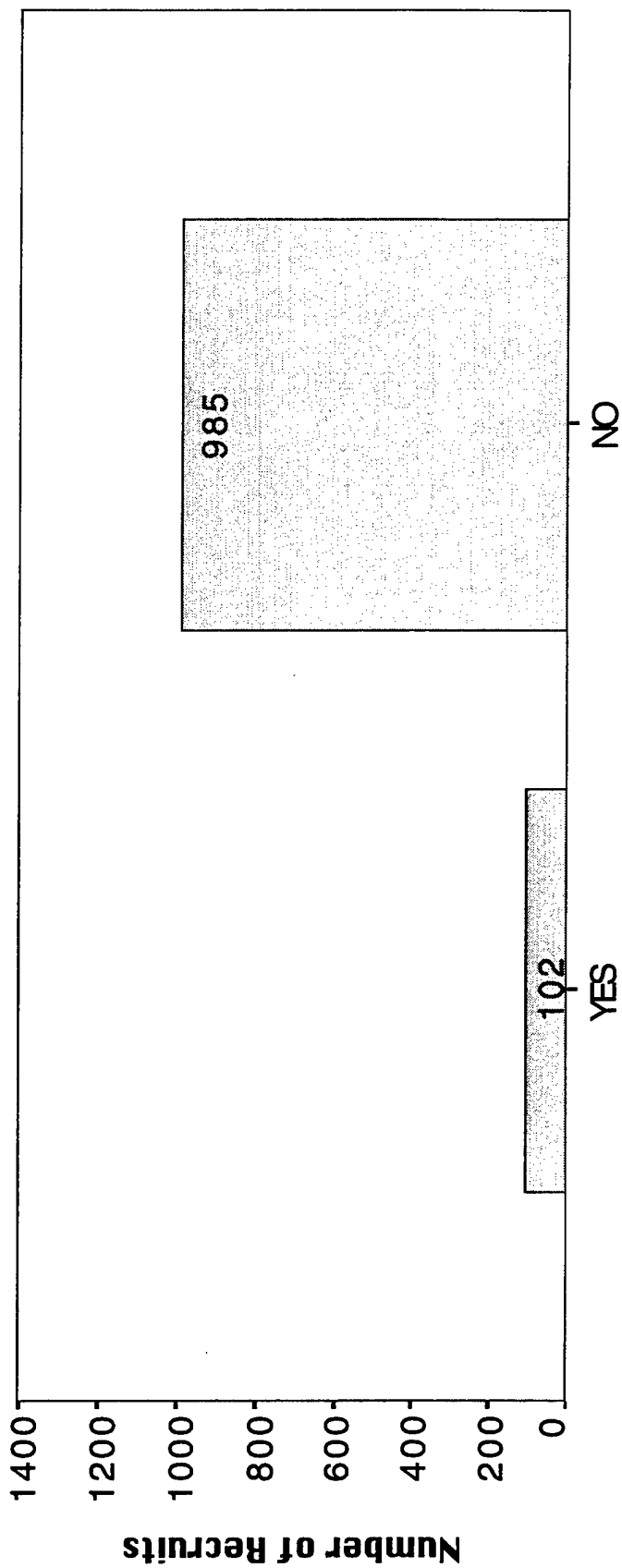
28 Jan 97 SPSS for Macintosh Release 6.1

HH_NVD    Had Nausea/Vomiting/Diarrhea in the past two weeks (MALES)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| YES | 1 | 105 | 9.7 | 9.7 | 9.7 |
| NO | 2 | 982 | 90.3 | 90.3 | 100.0 |
| | | ------- | ------ | ------ | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases   1087     Missing cases     0

Actual Question Asked:   Have you had nausea with vomiting and/or diarrhea
                         in the past two weeks (not associated with drinking)?

# FJ '88 NUD DISTRIBUTION – MALE
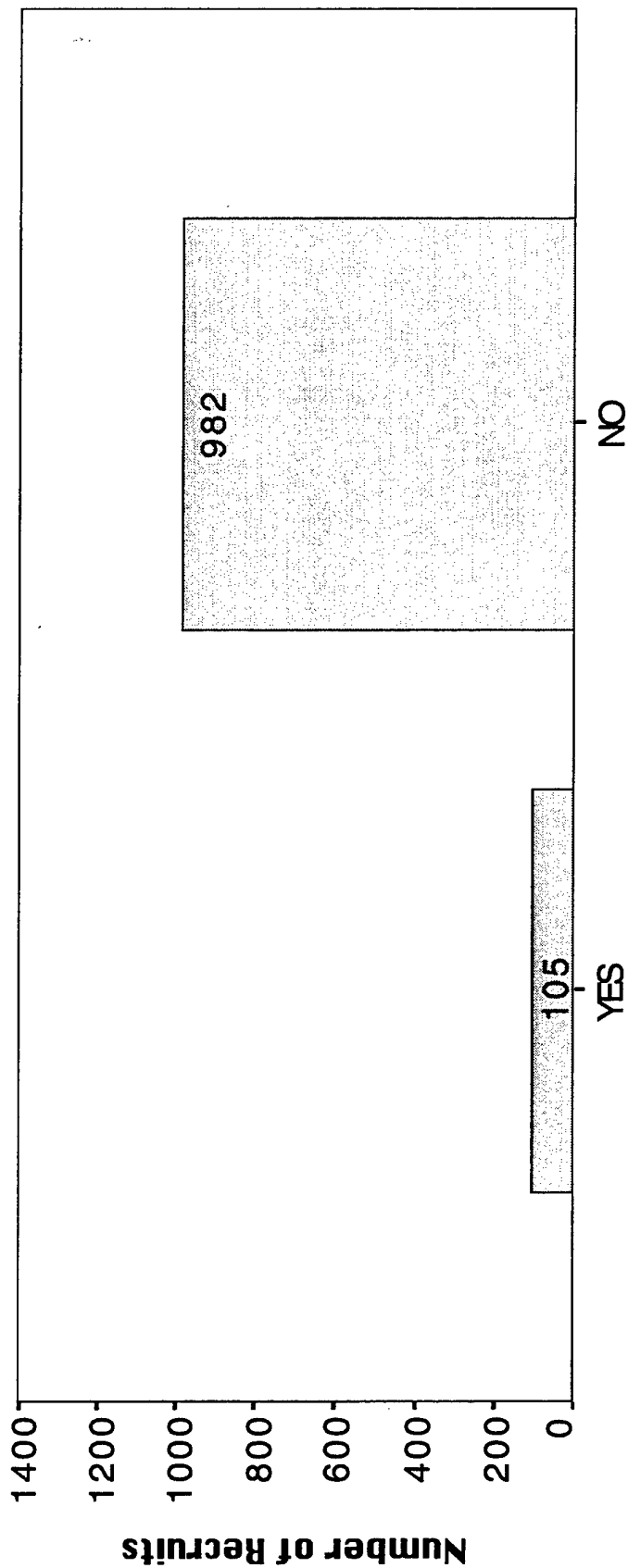
**Number of Recruits**

1400
1200
1000
800
600
400
200
0

982

105

YES

NO

Had Nausea/Vomiting/Diarrhea Within Past Weeks

FJ Charts: FJ NUD – Male     1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

GACLVCD    Overall Physical Activity Level (MALES) :

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Inactive | 1 | 13 | 1.2 | 1.2 | 1.2 |
| Not Very Active | 2 | 72 | 6.6 | 6.6 | 7.8 |
| Average | 3 | 351 | 32.3 | 32.3 | 40.1 |
| Active | 4 | 418 | 38.5 | 38.5 | 78.6 |
| Very Active | 5 | 232 | 21.3 | 21.4 | 100.0 |
| Unknown | 0 | 1 | .1 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

| Mean | 3.722 | Median | 4.000 | Mode | 4.000 |
|---|---|---|---|---|---|
| Std dev | .913 | Variance | .833 | Range | 4.000 |
| Minimum | 1.000 | Maximum | 5.000 | | |

Valid cases    1086          Missing cases    1

Actual Question Asked:    In regard to overall physical activity, how would you describe your life before coming into the Army?

# FJ '88 ACTIVITY LEVEL DISTRIBUTION – MALE

**Number of Recruits**

| | |
|---|---|
| Inactive | |
| Not Very Active | 72 |
| Average | 351 |
| Active | 418 |
| Very Active | 232 |
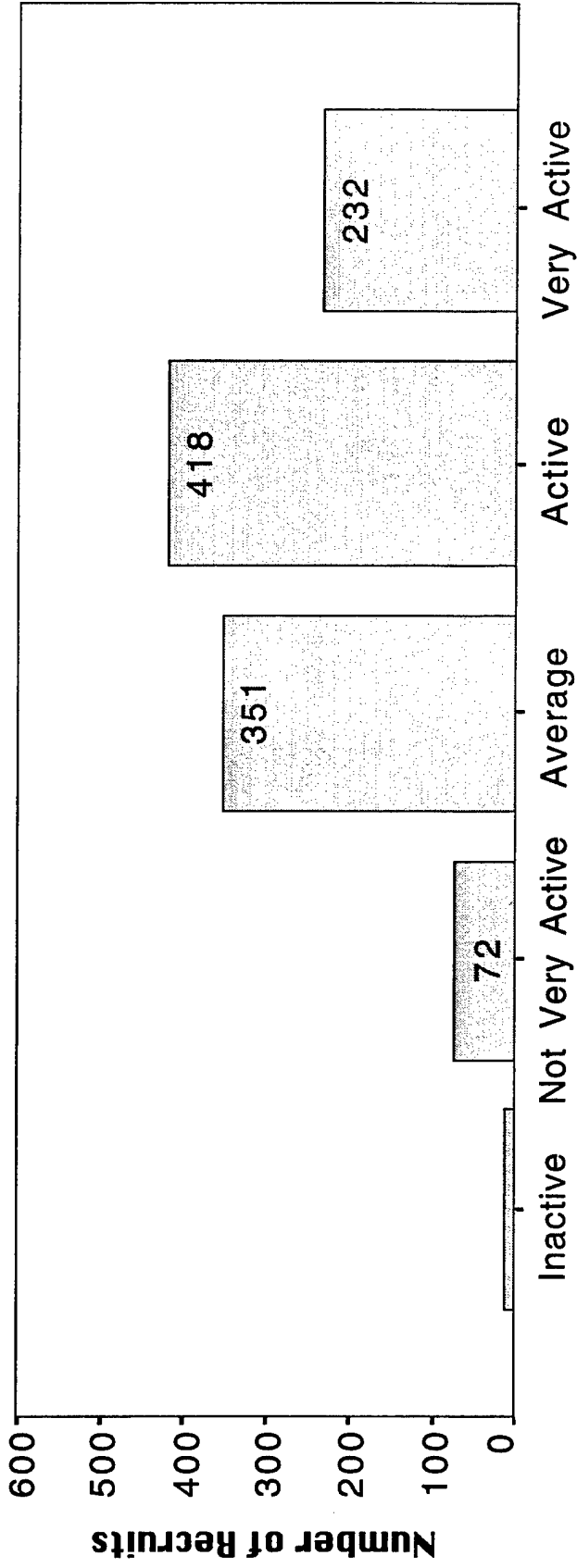
**Overall Physical Activity Level**

FJ Charts: FJ Act Lvl – Male    1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

G_FLCODE    Fitness Level Distribution for MALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Poor | 1 | 6 | .6 | .6 | .6 |
| Below Average | 2 | 84 | 7.7 | 7.7 | 8.3 |
| Average | 3 | 608 | 55.9 | 56.0 | 64.3 |
| Above Average | 4 | 322 | 29.6 | 29.7 | 94.0 |
| Excellent | 5 | 65 | 6.0 | 6.0 | 100.0 |
| Unknown | 0 | 2 | .2 | Missing | |
| | | ------ | ------ | ------ | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for G_FLCODE:

| | | | | |
|---|---|---|---|---|
| Mean | 3.328 | Median | 3.000 | Mode | 3.000 |
| Std dev | .727 | Variance | .529 | Range | 4.000 |
| Minimum | 1.000 | Maximum | 5.000 | | |

Valid cases    1085    Missing cases    2

Actual Question Asked:    How would you rate your current physical fitness compared to others of your age and sex?

# FJ '88 FITNESS DISTRIBUTION – MALE

Number of Recruits (vertical axis): 0, 100, 200, 300, 400, 500, 600, 700, 800

Physical Fitness Level (horizontal axis): Poor, Below Average, Average, Above Average, Excellent

- Poor: (no value)
- Below Average: 84
- Average: 608
- Above Average: 322
- Excellent: 65
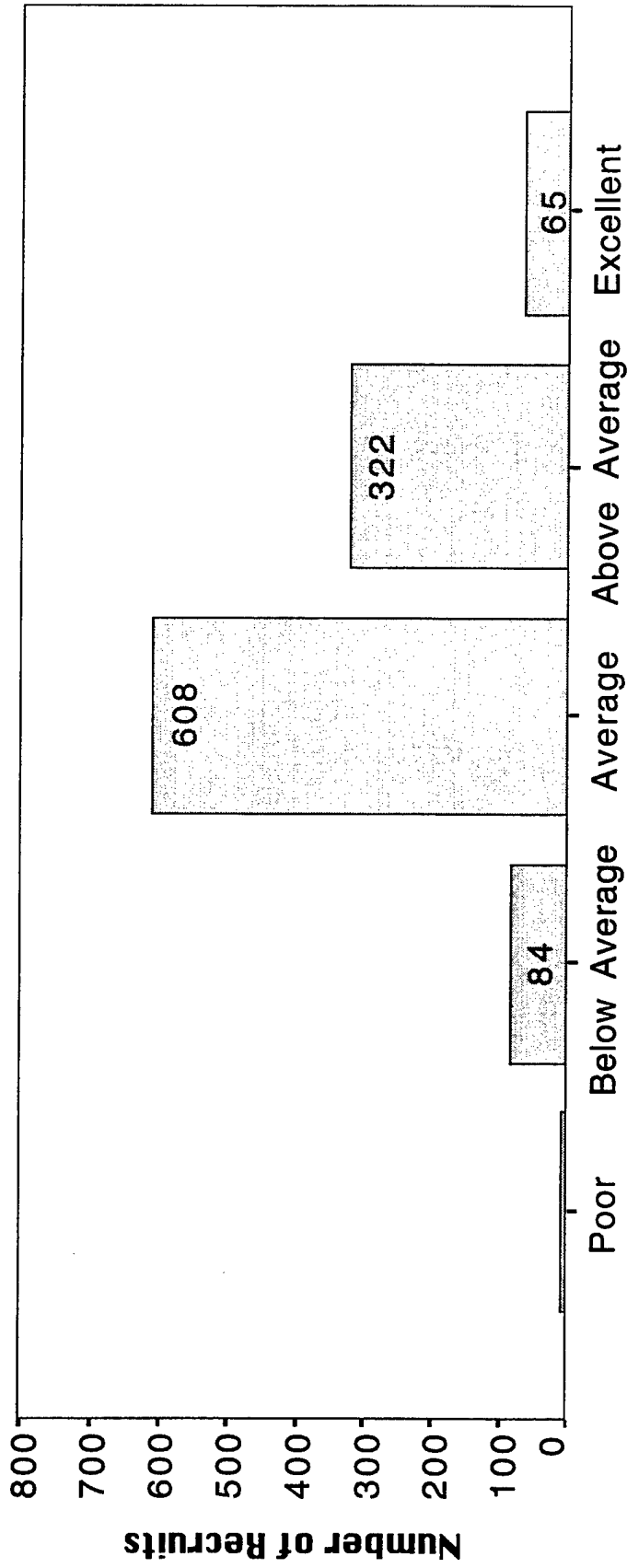
FJ Charts: FJ Fitness – Male    1/24/97

28 Jan 97 SPSS for Macintosh Release 6.1

GWRKALCD    Occupational Activity Level Distribution for MALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| Sedentary | 1 | 115 | 10.6 | 10.7 | 10.7 |
| Light Work | 2 | 239 | 22.0 | 22.3 | 33.1 |
| Medium Work | 3 | 379 | 34.9 | 35.4 | 68.4 |
| Heavy Work | 4 | 207 | 19.0 | 19.3 | 87.8 |
| Very Heavy Work | 5 | 131 | 12.1 | 12.2 | 100.0 |
| Unknown | 0 | 16 | 1.5 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

| | | | | |
|---|---|---|---|---|
| Mean | 3.000 | Median | 3.000 | Mode | 3.000 |
| Std dev | 1.156 | Variance | 1.336 | Range | 4.000 |
| Minimum | 1.000 | Maximum | 5.000 | | |

Valid cases    1071    Missing cases    16

Actual Question Asked:  During the last year would you describe the amount of physical activity
                        required by your normal occupation.

# FJ '88 WORK ACTIVITY DISTRIBUTION – MALE

**Number of Recruits**

500
400
300
200
100
0

115 — Sedentary
239 — Light Work
379 — Medium Work
207 — Heavy Work
131 — Very Heavy Work

**Occupational Activity Level**

· FJ Charts: FJ Work Act Lvl – Male    1/24/97
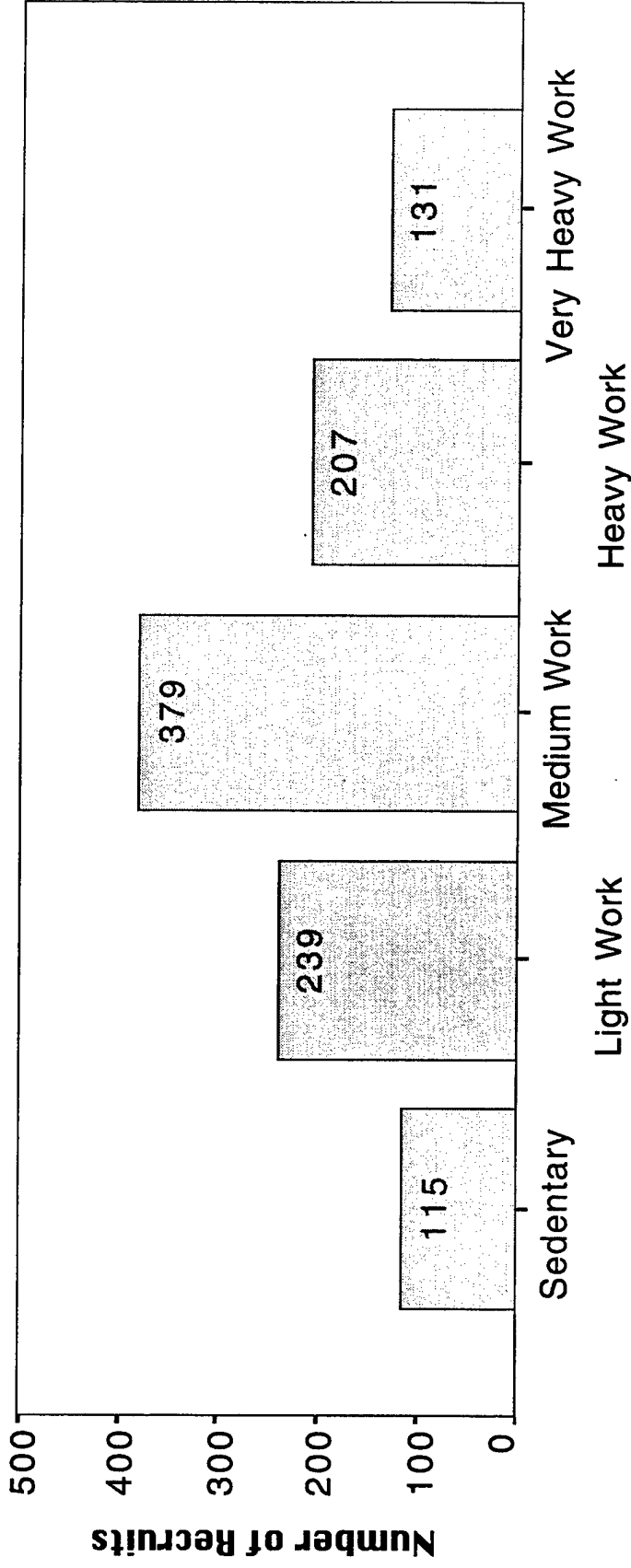
28 Jan 97 SPSS for Macintosh Release 6.1

MH_EX_CD    Exercise Distribution for MALE recruits:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| NONE | 1 | 76 | 7.0 | .7.0 | 7.0 |
| < 1/WK | 2 | 83 | 7.6 | 7.6 | 14.6 |
| 1/WK | 3 | 129 | 11.9 | 11.9 | 26.5 |
| 2-3/WK | 4 | 430 | 39.6 | 39.6 | 66.1 |
| > 4/WK | 5 | 368 | 33.9 | 33.9 | 100.0 |
| Unknown | 0 | 1 | .1 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Valid cases    1086    Missing cases    1

Actual Question Asked:    Over the last one month, how often did you exercise or play sports for 15 minutes or more?

# FJ '88 EXERCISE DISTRIBUTION – MALE
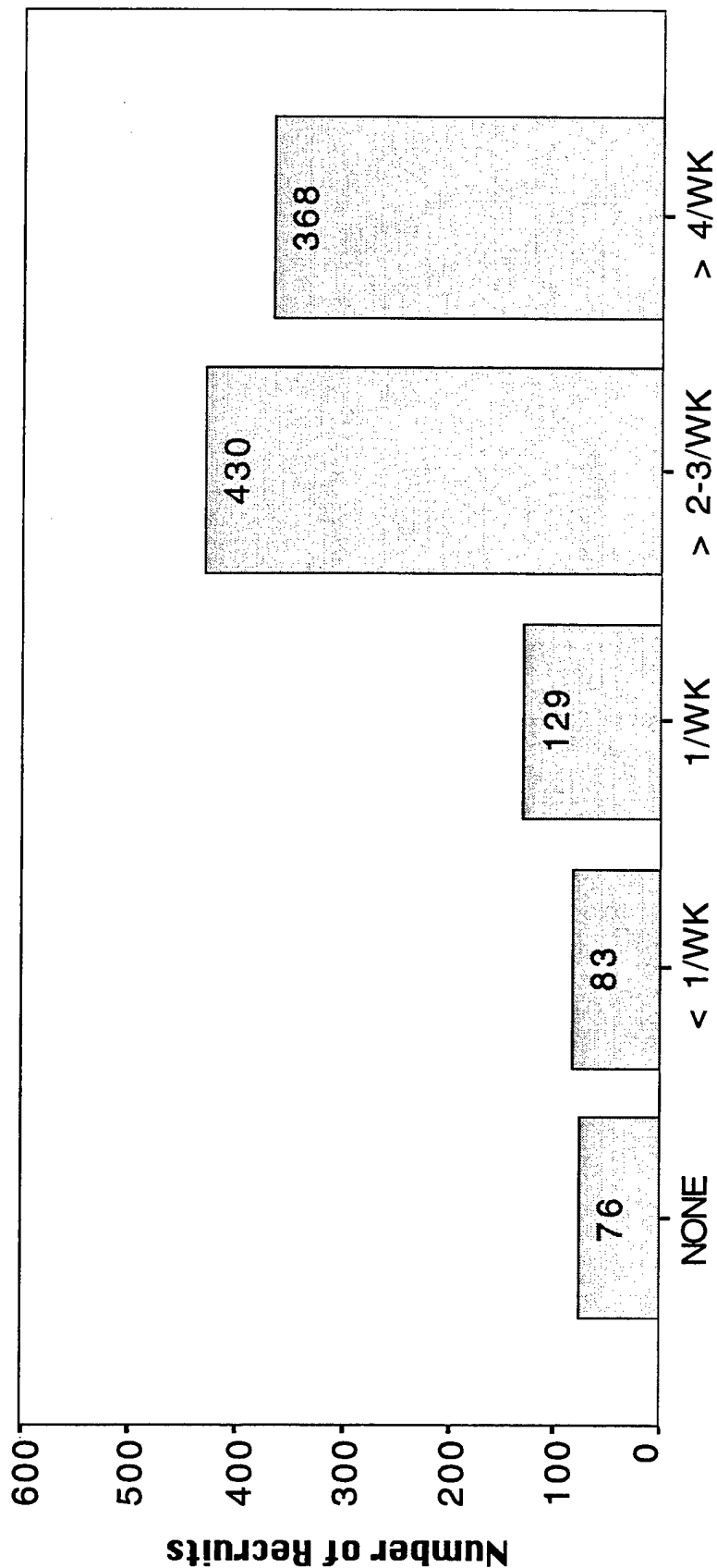


FJ Charts: FJ Exercise – Male    1/24/97

METS1    METS Calculation for MALES  (1000s)

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 1-1.999 | .00 | 242 | 22.3 | 24.1 | 24.1 |
| 2-2.999 | 1.00 | 161 | 14.8 | 16.0 | 40.1 |
| 3-3.999 | 2.00 | 119 | 10.9 | 11.8 | 51.9 |
| 4-4.999 | 3.00 | 100 | 9.2 | 9.9 | 61.8 |
| 5-5.999 | 4.00 | 72 | 6.6 | 7.2 | 69.0 |
| 6-6.999 | 5.00 | 50 | 4.6 | 5.0 | 74.0 |
| 7-7.999 | 6.00 | 45 | 4.1 | 4.5 | 78.4 |
| 8-8.999 | 7.00 | 36 | 3.3 | 3.6 | 82.0 |
| 9-9.999 | 8.00 | 28 | 2.6 | 2.8 | 84.8 |
| 10-10.999 | 9.00 | 28 | 2.6 | 2.8 | 87.6 |
| 11-11.999 | 10.00 | 12 | 1.1 | 1.2 | 88.8 |
| 12-12.999 | 11.00 | 17 | 1.6 | 1.7 | 90.5 |
| 13-13.999 | 12.00 | 18 | 1.7 | 1.8 | 92.2 |
| 14-14.999 | 13.00 | 7 | .6 | .7 | 92.9 |
| 15-15.999 | 14.00 | 10 | .9 | 1.0 | 93.9 |
| 16-16.999 | 15.00 | 9 | .8 | .9 | 94.8 |
| 17-17.999 | 16.00 | 4 | .4 | .4 | 95.2 |
| 18-18.999 | 17.00 | 7 | .6 | .7 | 95.9 |
| 19-19.999 | 18.00 | 6 | .6 | .6 | 96.5 |
| 20-20.999 | 19.00 | 6 | .6 | .6 | 97.1 |
| 21-21.999 | 20.00 | 4 | .4 | .4 | 97.5 |
| 22-22.999 | 21.00 | 1 | .1 | .1 | 97.6 |
| 24-24.999 | 22.00 | 3 | .3 | .3 | 97.9 |
| 25-25.999 | 24.00 | 2 | .2 | .2 | 98.1 |
| | 25.00 | 2 | .2 | .2 | 98.3 |
| | 26.00 | 1 | .1 | .1 | 98.4 |
| | 27.00 | 3 | .3 | .3 | 98.7 |
| | 28.00 | 1 | .1 | .1 | 98.8 |
| | 29.00 | 2 | .2 | .2 | 99.0 |
| | 30.00 | 1 | .1 | .1 | 99.1 |
| | 31.00 | 1 | .1 | .1 | 99.2 |
| | 32.00 | 1 | .1 | .1 | 99.3 |
| | 40.00 | 1 | .1 | .1 | 99.4 |
| | 42.00 | 1 | .1 | .1 | 99.5 |
| | 52.00 | 1 | .1 | .1 | 99.6 |
| | 62.00 | 1 | .1 | .1 | 99.7 |
| | 65.00 | 1 | .1 | .1 | 99.8 |
| | 70.00 | 2 | .2 | .2 | 100.0 |
| | Missing | 81 | 7.5 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Note:  Data below this
       line is not shown
       on graph

Statistics for MET_METS  (x.001)

| | | | | | |
|---|---|---|---|---|---|
| Mean | 4.920 | Median | 2.823 | Mode | .042 |
| Std dev | 6.900 | Variance | 47.603 | Range | 70.541 |
| Minimum | .002 | Maximum | 70.543 | | |

* Multiple modes exist.  The smallest value is shown.

Valid cases  1006    Missing cases  81

# FJ '88 METS DISTRIBUTION - MALE

Number of Recruits

400

300

200

100

0

1   3   5   7   9   11   13   15   17   19   21   23   25

**METS (in 1000s)**

Std. Dev = 6.90

Mean = 5

N = 1006.00
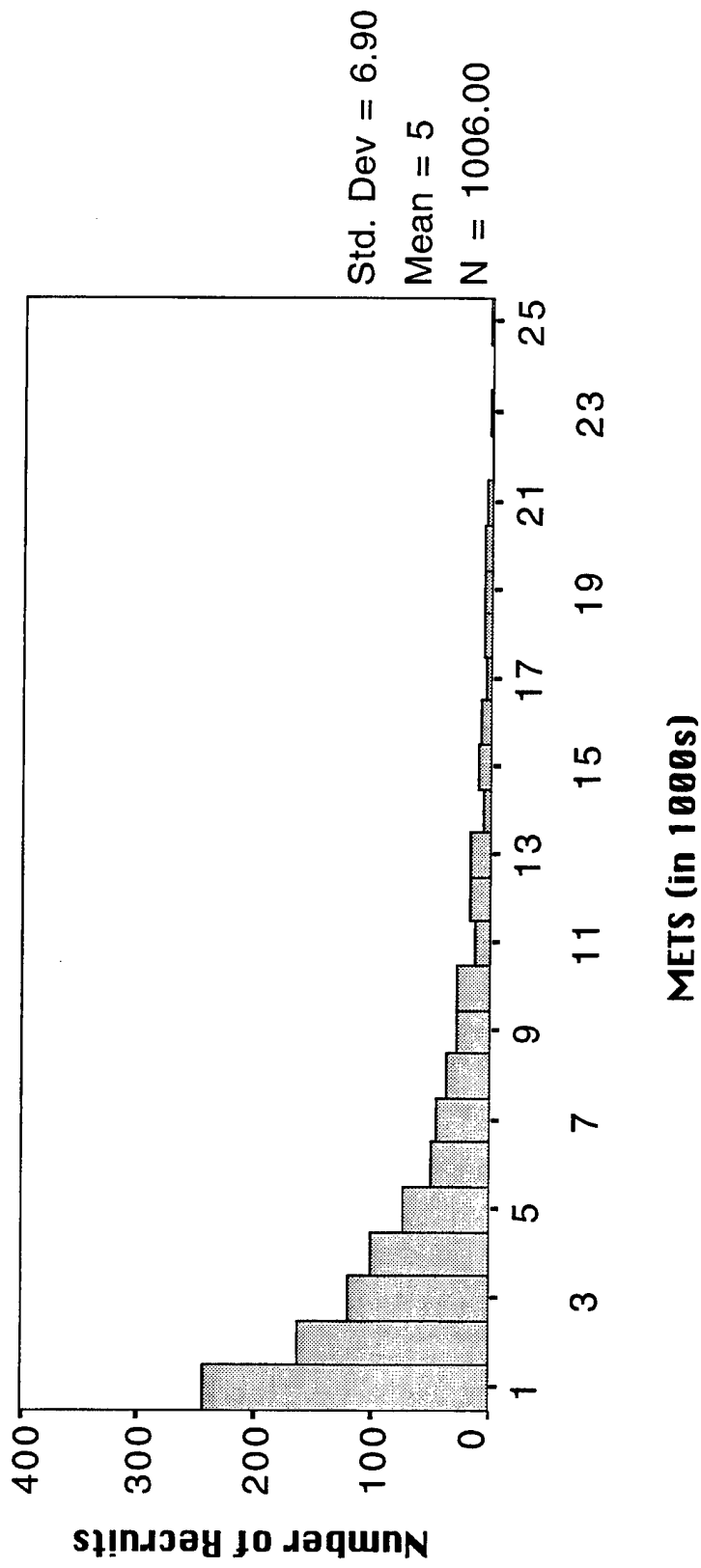
FJ Charts:FJ METS - Male   1/24/97

Mets Categories: 0-0.999, 1-1.999, 2-2.999, .., 24-24.999

28 Jan 97 SPSS for Macintosh Release 6.1

PU1    Number of Push-Ups completed by MALE recruits on 1st PT Test

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-4 | .00 | 3 | .3 | .3 | .3 |
| 5-9 | 5.00 | 17 | 1.6 | 1.8 | 2.1 |
| 10-14 | 10.00 | 56 | 5.2 | 6.0 | 8.2 |
| 15-19 | 15.00 | 94 | 8.6 | 10.1 | 18.2 |
| 20-24 | 20.00 | 139 | 12.8 | 14.9 | 33.2 |
| 25-29 | 25.00 | 153 | 14.1 | 16.4 | 49.6 |
| 30-34 | 30.00 | 155 | 14.3 | 16.6 | 66.2 |
| 35-39 | 35.00 | 113 | 10.4 | 12.1 | 78.3 |
| 40-44 | 40.00 | 85 | 7.8 | 9.1 | 87.4 |
| 45-49 | 45.00 | 44 | 4.0 | 4.7 | 92.2 |
| 50-54 | 50.00 | 32 | 2.9 | 3.4 | 95.6 |
| 55-59 | 55.00 | 18 | 1.7 | 1.9 | 97.5 |
| 60-64 | 60.00 | 14 | 1.3 | 1.5 | 99.0 |
| 65-69 | 65.00 | 3 | .3 | .3 | 99.4 |
| 70-74 | 70.00 | 6 | .6 | .6 | 100.0 |
| Missing | . | 141 | 13.0 | Missing | |
| Missing | 999.00 | 14 | 1.3 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for OC_PU1:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 30.527 | Median | 30.000 | Mode | 30.000 |
| Std dev | 12.420 | Variance | 154.250 | Range | 74.000 |
| Minimum | .000 | Maximum | 74.000 | | |

Valid cases    933        Missing cases    154

# FJ '88 PT1 PUSH UPS DISTRIBUTION – MALE

Std. Dev = 12.42

Mean = 30.5

N = 933.00

**Number of Recruits**

250

200

150

100

50

0

2.5  12.5  22.5  32.5  42.5  52.5  62.5  72.5  82.5  92.5
  7.5  17.5  27.5  37.5  47.5  57.5  67.5  77.5  87.5  97.5

**Number of Push Ups Completed on 1st PT Test**

FJ Charts:FJ PU1 – Male    1/28/97

Push-Up Categories: 0-4, 5-9, 10-14, ..., 95-99

28 Jan 97 SPSS for Macintosh Release 6.1

SU1    Number of Sit-Ups completed by MALE recruits on 1st PT Test

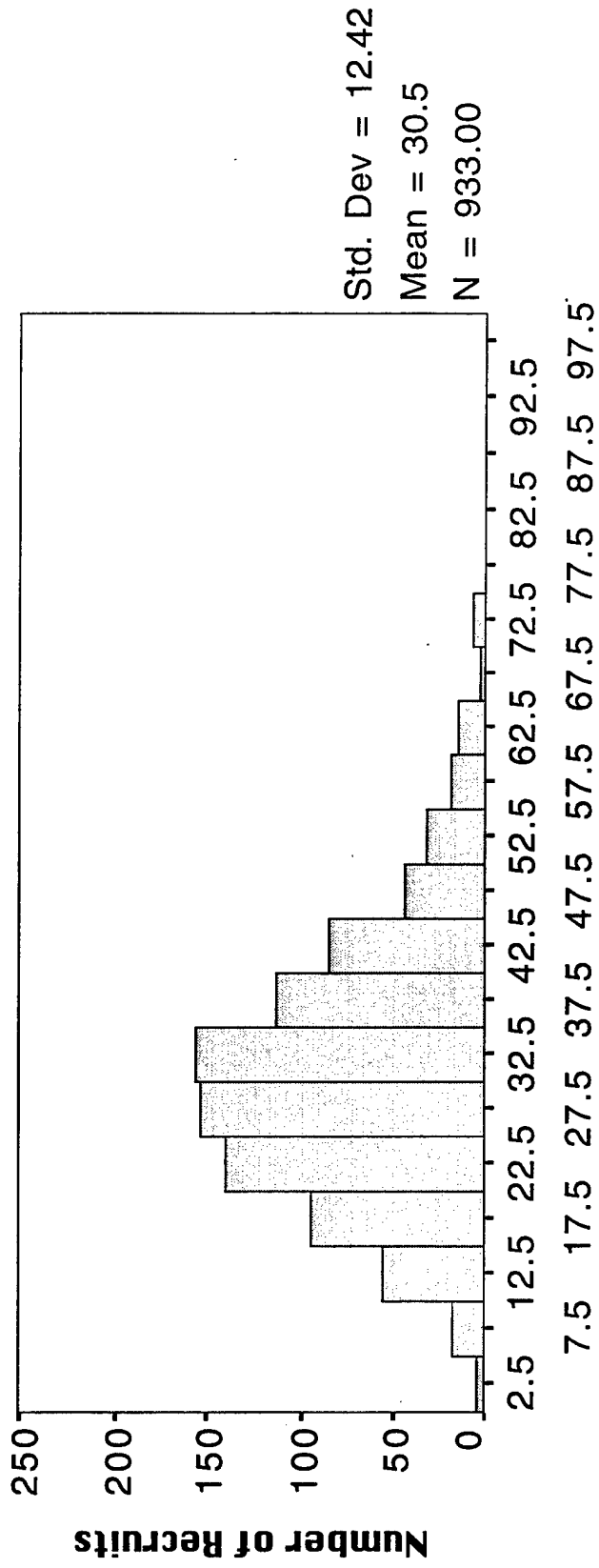| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 0-4 | .00 | 1 | .1 | .1 | .1 |
| 5-9 | 5.00 | 2 | .2 | .2 | .3 |
| 10-14 | 10.00 | 5 | .5 | .5 | .9 |
| 15-19 | 15.00 | 12 | 1.1 | 1.3 | 2.1 |
| 20-24 | 20.00 | 29 | 2.7 | 3.1 | 5.2 |
| 25-29 | 25.00 | 53 | 4.9 | 5.6 | 10.9 |
| 30-34 | 30.00 | 91 | 8.4 | 9.7 | 20.5 |
| 35-39 | 35.00 | 136 | 12.5 | 14.5 | 35.0 |
| 40-44 | 40.00 | 168 | 15.5 | 17.9 | 52.9 |
| 45-49 | 45.00 | 154 | 14.2 | 16.4 | 69.3 |
| 50-54 | 50.00 | 132 | 12.1 | 14.0 | 83.3 |
| 55-59 | 55.00 | 86 | 7.9 | 9.1 | 92.4 |
| 60-64 | 60.00 | 42 | 3.9 | 4.5 | 96.9 |
| 65-69 | 65.00 | 16 | 1.5 | 1.7 | 98.6 |
| 70-74 | 70.00 | 10 | .9 | 1.1 | 99.7 |
| 75-79 | 75.00 | 2 | .2 | .2 | 99.9 |
| 80-84 | 80.00 | 1 | .1 | .1 | 100.0 |
| Missing | 999.00 | 133 | 12.2 | Missing | |
| Missing | | 14 | 1.3 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for OC_SU1:

| | | | |
|---|---|---|---|
| Mean | 43.451 | Median | 43.000 | Mode | 47.000 |
| Std dev | 11.524 | Variance | 132.795 | Range | 77.000 |
| Minimum | 3.000 | Maximum | 80.000 | | |

Valid cases    940    Missing cases    147

# FJ '88 PT1 SIT-UPS DISTRIBUTION - MALE

Std. Dev = 11.52

Mean = 43.5

N = 940.00
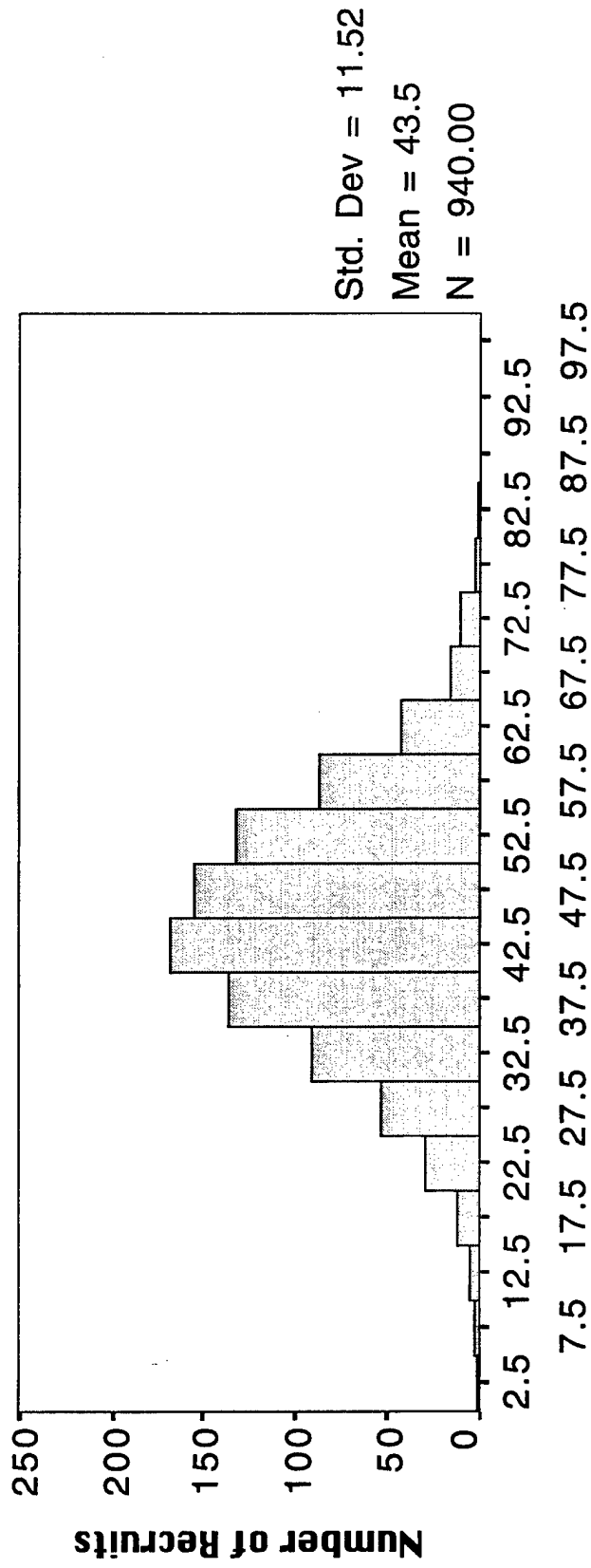
**Number of Sit Ups Completed on 1st PT Test**

FJ Charts:FJ SU1 - Male  1/28/97

Sit-Up Categories: 0-4, 5-9, 10-14, 15-19, ..., 94-99

28 Jan 97 SPSS for Macintosh Release 6.1

PT1MILES   Number of Miles Run on 1st PT Test by MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 1 MILE | 1 | 628 | 57.8 | 58.7 | 58.7 |
| 2 MILES | 2 | 442 | 40.7 | 41.3 | 100.0 |
| UNKNOWN | 0 | 17 | 1.6 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

| | | | | |
|---|---|---|---|---|
| Mean | 1.413 | Median | 1.000 | Mode | 1.000 |
| Std dev | .493 | Variance | .243 | Range | 1.000 |
| Minimum | 1.000 | Maximum | 2.000 | | |

Valid cases   1070        Missing cases   17

# FJ '88 PT1 MILES RUN DISTRIBUTION – MALE



**Number of Miles Run on 1st PT Test**

FJ Charts: FJ PT1 Miles – Male     1/24/97
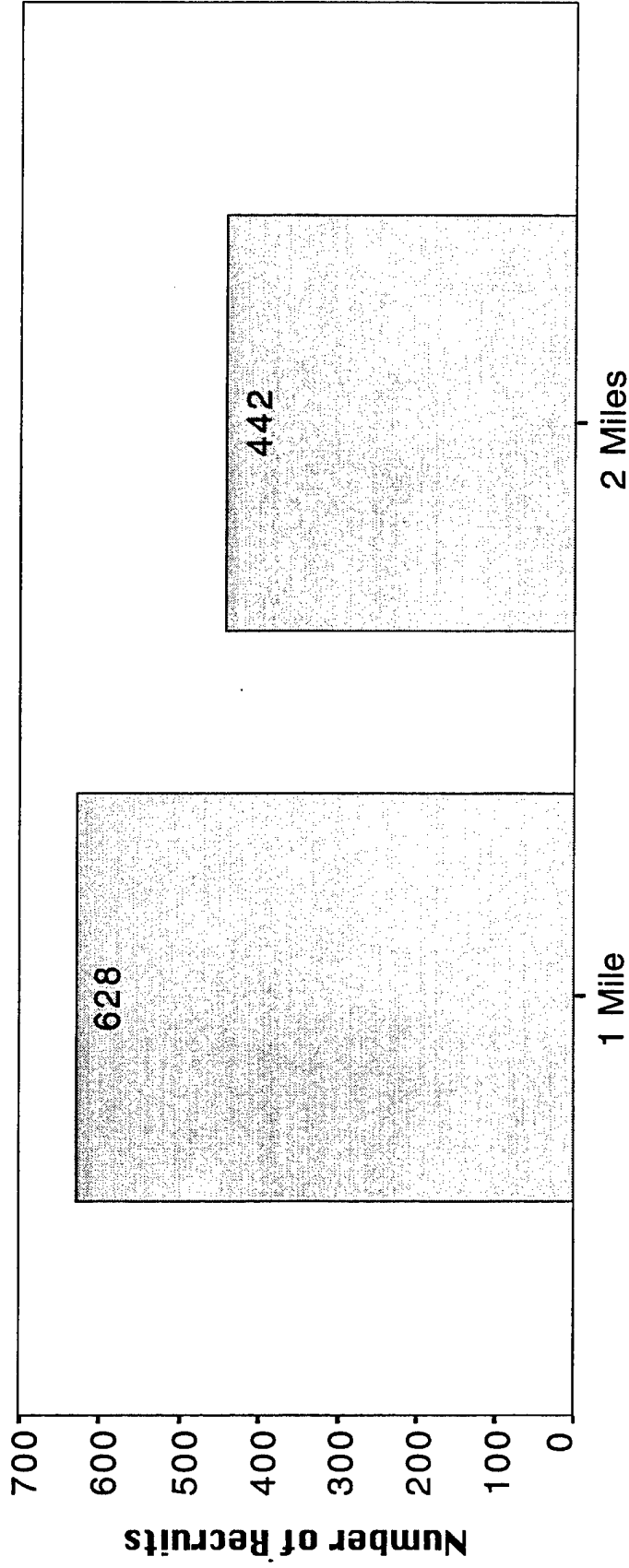
28 Jan 97 SPSS for Macintosh Release 6.1

PT1_RNIM    PT1 1 Mile Run Time Distribution for MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 5.0-5.49 | 5.00 | 1 | .2 | .2 | .2 |
| 5.5-5.99 | 5.50 | 4 | .6 | .7 | .9 |
| 6.0-6.49 | 6.00 | 52 | 8.3 | 9.7 | 10.7 |
| 6.5-6.99 | 6.50 | 74 | 11.8 | 13.8 | 24.5 |
| 7.0-7.49 | 7.00 | 142 | 22.6 | 26.5 | 51.0 |
| 7.5-7.99 | 7.50 | 100 | 15.9 | 18.7 | 69.7 |
| 8.0-8.49 | 8.00 | 69 | 11.0 | 12.9 | 82.6 |
| 8.5-8.99 | 8.50 | 43 | 6.8 | 8.0 | 90.7 |
| 9.0-9.49 | 9.00 | 31 | 4.9 | 5.8 | 96.4 |
| 9.5-9.99 | 9.50 | 10 | 1.6 | 1.9 | 98.3 |
| 10.0-10.49 | 10.00 | 7 | 1.1 | 1.3 | 99.6 |
| 10.5-10.99 | 10.50 | 2 | .3 | .4 | 100.0 |
| Missing | . | 93 | 14.8 | Missing | |
| | Total | 628 | 100.0 | 100.0 | |

Statistics for OC_RNIM1:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 7.610 | Median | 7.470 | Mode | 7.250 |
| Std dev | .942 | Variance | .887 | Range | 5.300 |
| Minimum | 5.470 | Maximum | 10.770 | | |

Valid cases    535    Missing cases    93

# FJ '88 PT1 1 MILE RUN TIME DISTRIBUTION – MALE

Number of Recruits

Std. Dev = .94
Mean = 8
N = 535.00
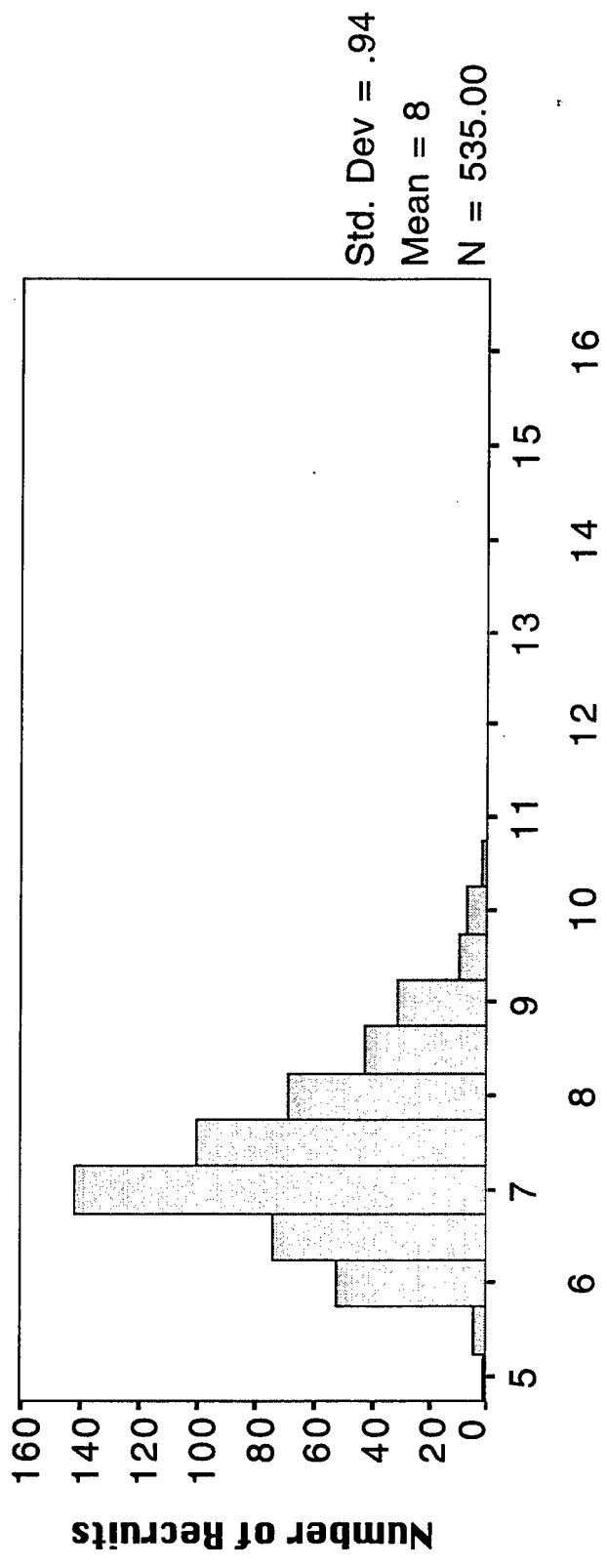
Run Time for 1 Mile Run for PT Test 1 (min)

**FJ Charts:FJ RunTime1 – Male (1 mile)**    1/24/97

**Run Time Categories: 5–5.49, 5.5–5.99, 6–6.49, ..., 16.5–16.99**

28 Jan 97 SPSS for Macintosh Release 6.1

PT1_RNT2   PT1 2 Mile Run Time Distribution for MALE recruits

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 11-11.99 | 11.00 | 1 | .2 | .3 | .3 |
| 12-12.99 | 12.00 | 11 | 2.5 | 2.8 | 3.0 |
| 13-13.99 | 13.00 | 24 | 5.4 | 6.1 | 9.1 |
| 14-14.99 | 14.00 | 73 | 16.5 | 18.5 | 27.7 |
| 15-15.99 | 15.00 | 78 | 17.6 | 19.8 | 47.5 |
| 16-16.99 | 16.00 | 72 | 16.3 | 18.3 | 65.7 |
| 17-17.99 | 17.00 | 63 | 14.3 | 16.0 | 81.7 |
| 18-18.99 | 18.00 | 30 | 6.8 | 7.6 | 89.3 |
| 19-19.99 | 19.00 | 16 | 3.6 | 4.1 | 93.4 |
| 20-20.99 | 20.00 | 10 | 2.3 | 2.5 | 95.9 |
| 21-21.99 | 21.00 | 6 | 1.4 | 1.5 | 97.5 |
| 22-22.99 | 22.00 | 7 | 1.6 | 1.8 | 99.2 |
| 23-23.99 | 23.00 | 1 | .2 | .3 | 99.5 |
| 24-24.99 | 24.00 | 1 | .2 | .3 | 99.7 |
| 26-26.99 | 26.00 | 1 | .2 | .3 | 100.0 |
| Missing | . | 48 | 10.9 | Missing | |
| | Total | 442 | 100.0 | 100.0 | |

Statistics for OC_RNTM1:

| Mean | 16.378 | Median | 16.080 | Mode | 15.330 |
|---|---|---|---|---|---|
| Std dev | 2.152 | Variance | 4.633 | Range | 14.580 |
| Minimum | 11.420 | Maximum | 26.000 | | |

Valid cases   394        Missing cases   48

# FJ '88 PT1 2 MILE RUN TIME DISTRIBUTION – MALE



Std. Dev = 2.15

Mean = 16

N = 394.00
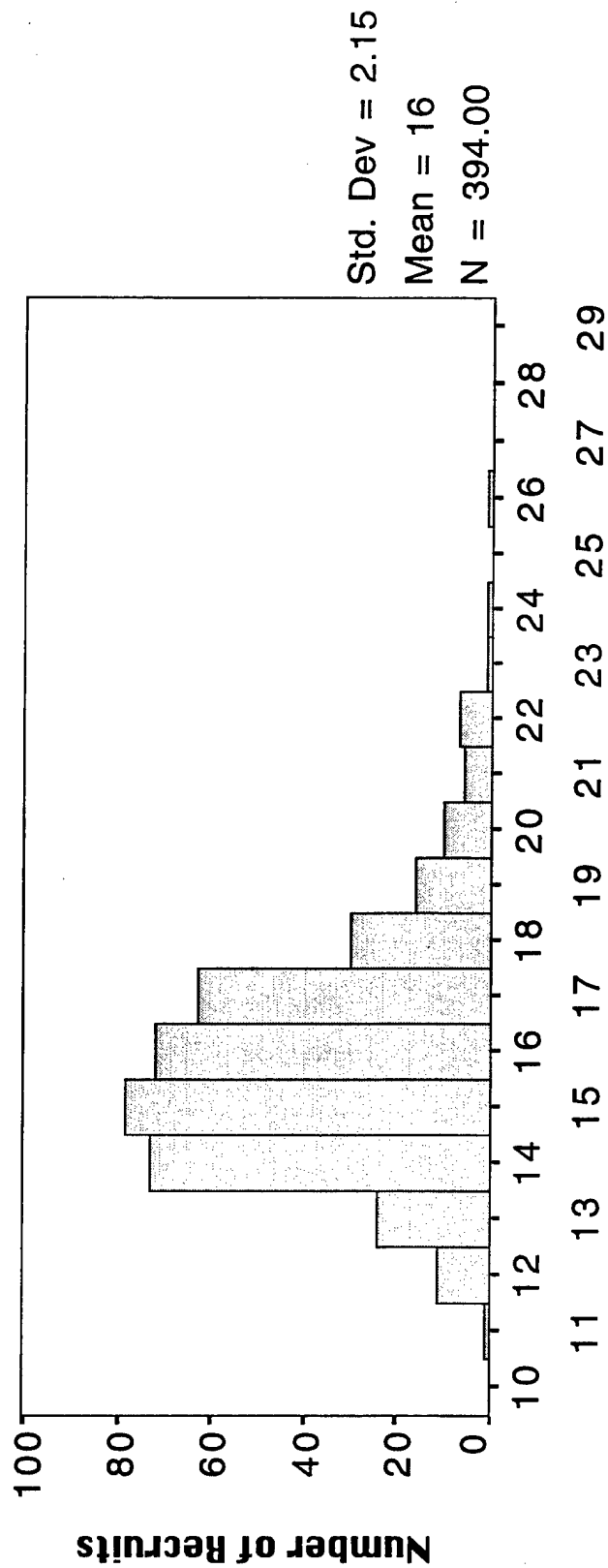
**Number of Recruits**

**Run Time for 2 Mile Run for PT Test 1 (min)**

FJ Charts:FJ RunTime1 – Male (2 mile)    1/24/97

Run Time Categories: 10-10.99, 11-11.99, 12-12.99, ..., 29-29.99

28 Jan 97 SPSS for Macintosh Release 6.1

PU4   Number of Push-Ups completed by MALE recruits on 4th PT Test:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 15-19 | 15.00 | 1 | .1 | .1 | .1 |
| 20-24 | 20.00 | 5 | .5 | .5 | .6 |
| 25-29 | 25.00 | 2 | .2 | .2 | .9 |
| 30-34 | 30.00 | 65 | 6.0 | 6.9 | 7.8 |
| 35-39 | 35.00 | 91 | 8.4 | 9.7 | 17.5 |
| 40-44 | 40.00 | 129 | 11.9 | 13.8 | 31.3 |
| 45-49 | 45.00 | 140 | 12.9 | 14.9 | 46.2 |
| 50-54 | 50.00 | 168 | 15.5 | 17.9 | 64.1 |
| 55-59 | 55.00 | 124 | 11.4 | 13.2 | 77.4 |
| 60-64 | 60.00 | 80 | 7.4 | 8.5 | 85.9 |
| 65-69 | 65.00 | 49 | 4.5 | 5.2 | 91.1 |
| 70-74 | 70.00 | 35 | 3.2 | 3.7 | 94.9 |
| 75-79 | 75.00 | 21 | 1.9 | 2.2 | 97.1 |
| 80-84 | 80.00 | 20 | 1.8 | 2.1 | 99.3 |
| 85-89 | 85.00 | 4 | .4 | .4 | 99.7 |
| 90-94 | 90.00 | 2 | .2 | .2 | 99.9 |
| 95-99 | 95.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 150 | 13.8 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for OC_PU4:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 51.244 | Median | 50.000 | Mode | 50.000 |
| Std dev | 12.400 | Variance | 153.762 | Range | 77.000 |
| Minimum | 19.000 | Maximum | 96.000 | | |

Valid cases    937    Missing cases    150

# FJ '88 PT4 PUSH UPS DISTRIBUTION – MALE

Std. Dev = 12.40

Mean = 51.2

N = 937.00

**Number of Push-Ups Completed for 4th PT Test**

Number of Recruits

250

200

150

100

50

0

2.5   12.5   22.5   32.5   42.5   52.5   62.5   72.5   82.5   92.5

7.5   17.5   27.5   37.5   47.5   57.5   67.5   77.5   87.5   97.5

FJ Charts:FJ PU4 – Male   1/24/97

Push-Up Categories: 0–4, 5–9, 10–14, 15–19, 20–24, ..., 95–99

28 Jan 97 SPSS for Macintosh Release 6.1

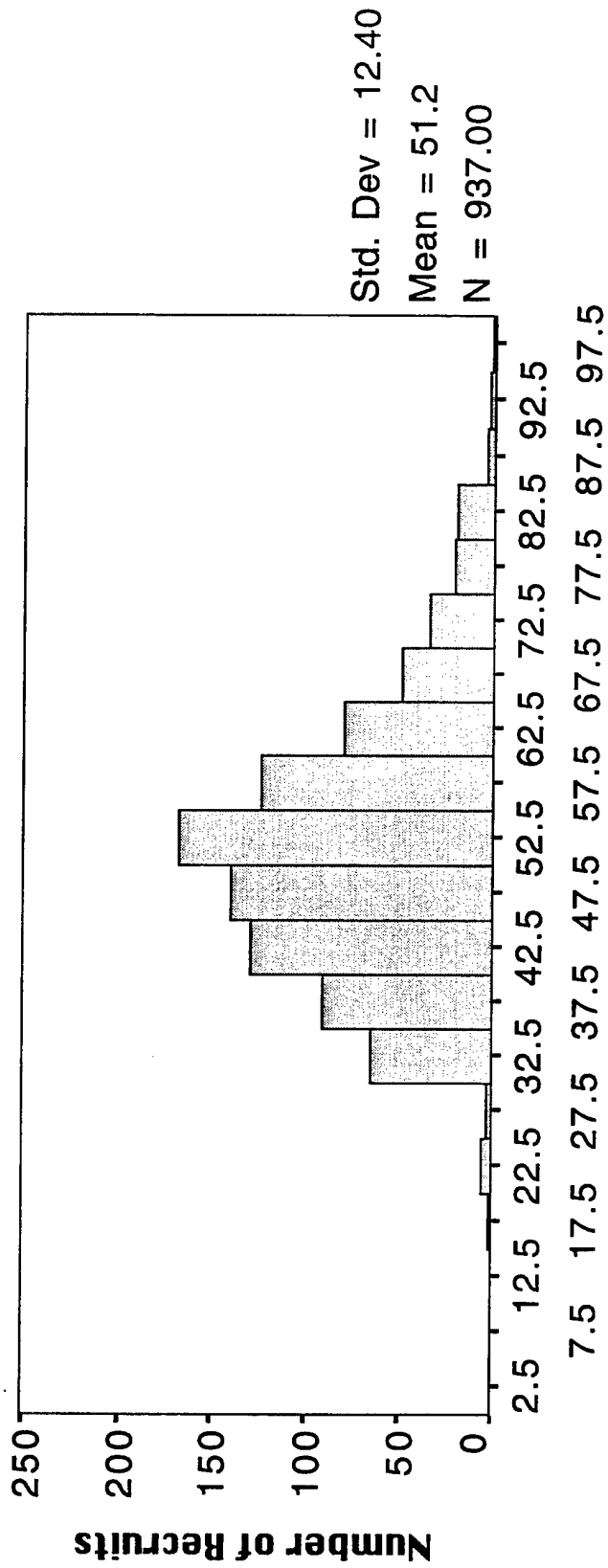SU4    Number of Sit-Ups completed by MALE recruits on 4th PT Test:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 30-34 | 30.00 | 1 | .1 | .1 | .1 |
| 35-39 | 35.00 | 4 | .4 | .4 | .5 |
| 40-44 | 40.00 | 17 | 1.6 | 1.8 | 2.3 |
| 45-49 | 45.00 | 48 | 4.4 | 5.1 | 7.4 |
| 50-54 | 50.00 | 96 | 8.8 | 10.2 | 17.7 |
| 55-59 | 55.00 | 144 | 13.2 | 15.3 | 33.0 |
| 60-64 | 60.00 | 212 | 19.5 | 22.6 | 55.5 |
| 65-69 | 65.00 | 167 | 15.4 | 17.8 | 73.3 |
| 70-74 | 70.00 | 100 | 9.2 | 10.6 | 83.9 |
| 75-79 | 75.00 | 55 | 5.1 | 5.9 | 89.8 |
| 80-84 | 80.00 | 35 | 3.2 | 3.7 | 93.5 |
| 85-89 | 85.00 | 21 | 1.9 | 2.2 | 95.7 |
| 90-94 | 90.00 | 26 | 2.4 | 2.8 | 98.5 |
| 95-99 | 95.00 | 14 | 1.3 | 1.5 | 100.0 |
| Missing | . | 147 | 13.5 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for OC_SU4:

| | | | |
|---|---|---|---|
| Mean | 64.406 | Median | 63.000 | Mode | 60.000 |
| Std dev | 11.305 | Variance | 127.807 | Range | 68.000 |
| Minimum | 31.000 | Maximum | 99.000 | | |

Valid cases     940          Missing cases     147

# FJ '88 PT4 SIT-UPS DISTRIBUTION – MALE

Std. Dev = 11.31

Mean = 64.4

N = 940.00

**Number of Recruits**

250   200   150   100   50   0

2.5  12.5  22.5  32.5  42.5  52.5  62.5  72.5  82.5  92.5
   7.5  17.5  27.5  37.5  47.5  57.5  67.5  77.5  87.5  97.5
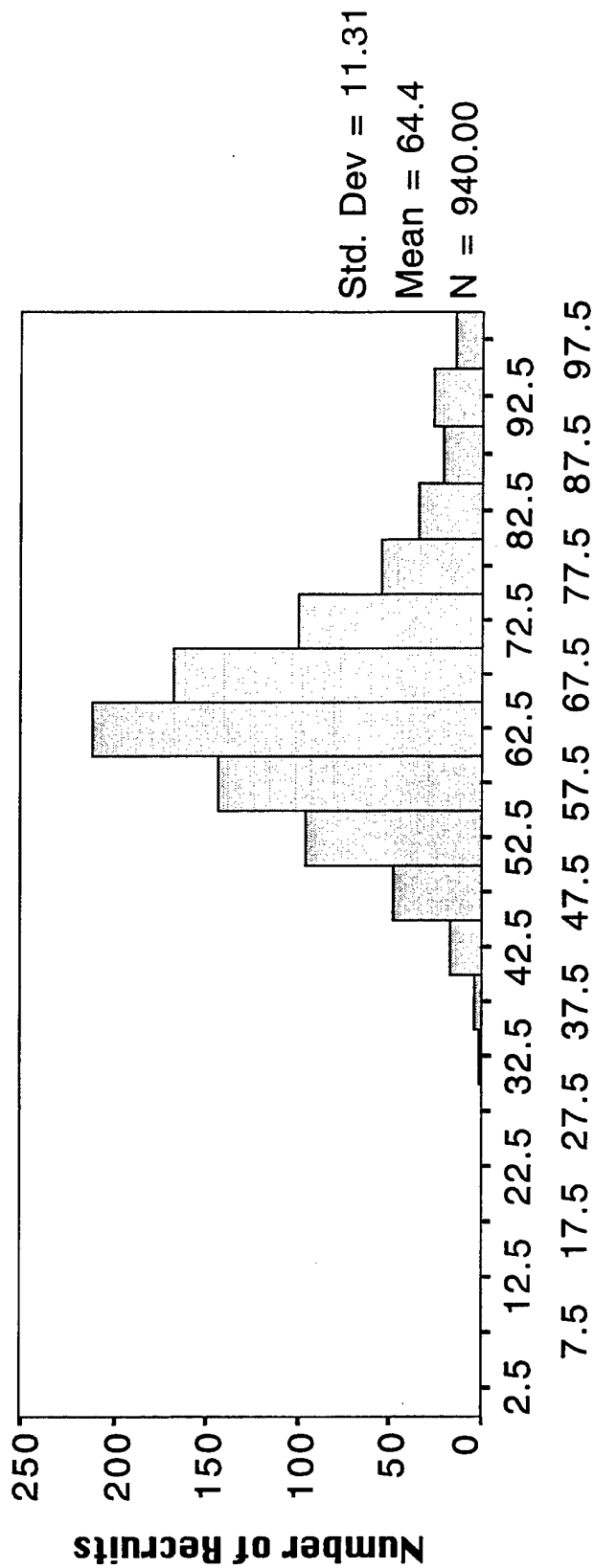
**Number of Sit-Ups for 4th PT Test**

FJ Charts:FJ SU4 – Male    1/24/97

Sit-Up Categories: 0–4, 5–9, 10–14, ..., 95–99

28 Jan 97   SPSS for Macintosh Release 6.1

PT4_RNTM   Run Time for MALE recruits for 4th PT Test:

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 11-11.99 | 11.00 | 28 | 2.6 | 3.0 | 3.0 |
| 12-12.99 | 12.00 | 119 | 10.9 | 12.8 | 15.8 |
| 13-13.99 | 13.00 | 279 | 25.7 | 30.0 | 45.9 |
| 14-14.99 | 14.00 | 316 | 29.1 | 34.0 | 79.9 |
| 15-15.99 | 15.00 | 147 | 13.5 | 15.8 | 95.7 |
| 16-16.99 | 16.00 | 33 | 3.0 | 3.6 | 99.2 |
| 17-17.99 | 17.00 | 5 | .5 | .5 | 99.8 |
| 18-18.99 | 18.00 | 1 | .1 | .1 | 99.9 |
| 20-20.99 | 20.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 158 | 14.5 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for OC_RNTM4:

| Mean | 14.063 | Median | 14.030 | Mode | 13.000 |
|---|---|---|---|---|---|
| Std dev | 1.146 | Variance | 1.313 | Range | 9.000 |
| Minimum | 11.120 | Maximum | 20.120 | | |

Valid cases   929   Missing cases   158

# FJ '88 PT4 RUN TIME DISTRIBUTION - MALE

Std. Dev = 1.15
Mean = 14
N = 929.00

**Number of Recruits**
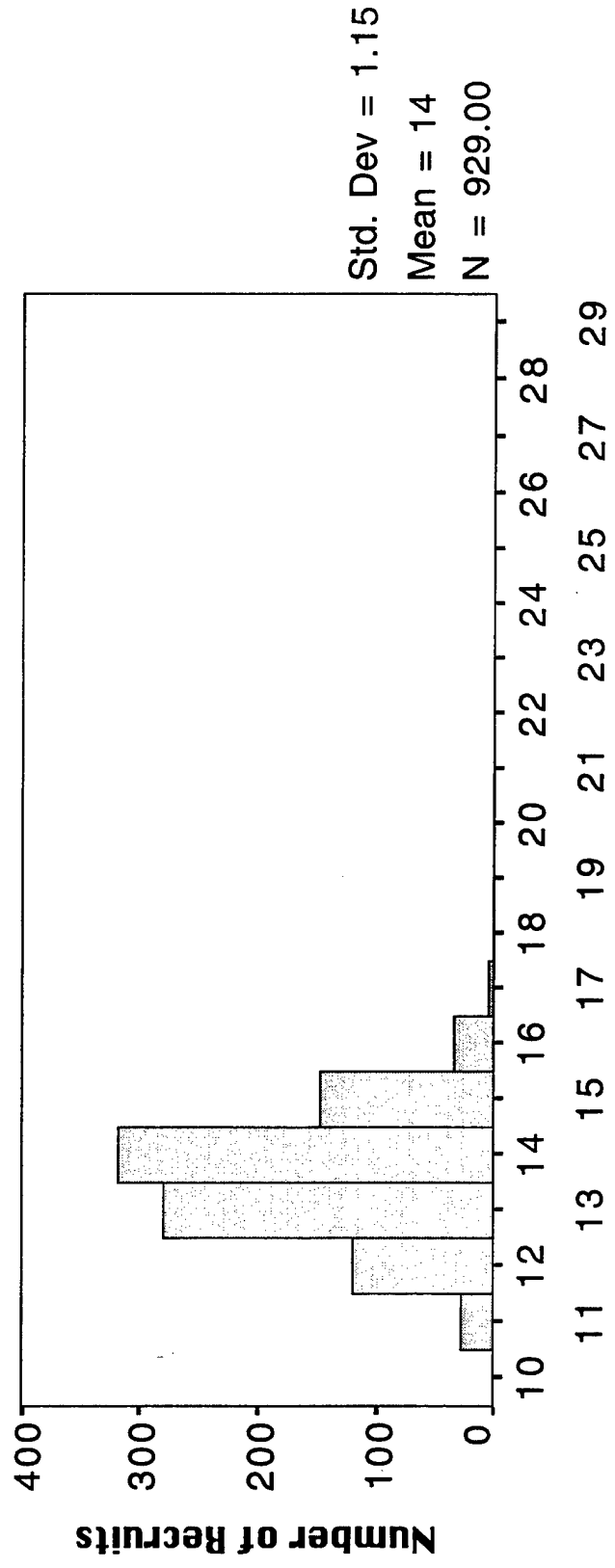
**Run Time For 4th PT Test (min)**

FJ Charts:FJ RunTime4 - Male   1/24/97

Run Time Categories: 10-10.99, 11-11.99, 12-12.99, 29-29.99

28 Jan 97  SPSS for Macintosh Release 6.1

DELTAPU1   % Change from Push-Ups for PT Test 1 to Push-Ups for PT Test 4 for MALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| -100-(-50.1) | -100.00 | 1 | .1 | .1 | .1 |
| -50-(-.01) | -50.00 | 19 | 1.7 | 2.2 | 2.3 |
| 0-49.99 | .00 | 291 | 26.8 | 33.4 | 35.7 |
| 50-99.99 | 50.00 | 278 | 25.6 | 32.0 | 67.7 |
| 100-149.99 | 100.00 | 147 | 13.5 | 16.9 | 84.6 |
| 150-199.99 | 150.00 | 56 | 5.2 | 6.4 | 91.0 |
| 200-249.99 | 200.00 | 32 | 2.9 | 3.7 | 94.7 |
| 250-299.99 | 250.00 | 15 | 1.4 | 1.7 | 96.4 |
| 300-349.99 | 300.00 | 8 | .7 | .9 | 97.4 |
| 350-399.99 | 350.00 | 3 | .3 | .3 | 97.7 |
| 400-449.99 | 400.00 | 6 | .6 | .7 | 98.4 |
| 450-499.99 | 450.00 | 1 | .1 | .1 | 98.5 |
| 500-549.99 | 500.00 | 1 | .1 | .1 | 98.6 |
| 550-599.99 | 550.00 | 3 | .3 | .3 | 99.0 |
| 600-649.99 | 600.00 | 2 | .2 | .2 | 99.2 |
| 700-749.99 | 700.00 | 2 | .2 | .2 | 99.4 |

Data below this line is not shown on graph

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| 900-949.99 | 900.00 | 1 | .1 | .1 | 99.5 |
| 1100-1149.99 | 1100.00 | 1 | .1 | .1 | 99.7 |
| 1350-1399.99 | 1350.00 | 1 | .1 | .1 | 99.8 |
| 1550-1599.99 | 1550.00 | 1 | .1 | .1 | 99.9 |
| 1600-1649.99 | 1600.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 217 | 20.0 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Statistics for DELTAPU:

| | | | | | |
|---|---|---|---|---|---|
| Mean | 97.241 | Median | 69.848 | Mode | 100.000 |
| Std dev | 129.430 | Variance | 16752.228 | Range | 1670.270 |
| Minimum | -70.270 | Maximum | 1600.000 | | |

Valid cases   870     Missing cases   217

Formula:  DELTAPU := ((OC_PU4-OC_PU1)/OC_PU1)*100

# FJ '88 % CHANGE FROM PU1 TO PU4 – MALE

Std. Dev = 129.43

Mean = 97

N = 870.00

**Number of Recruits**

600
500
400
300
200
100
0

-75  25  75  125  175  225  275  325  375  425  475  525  575  625  675  725  775  825  875
   -25
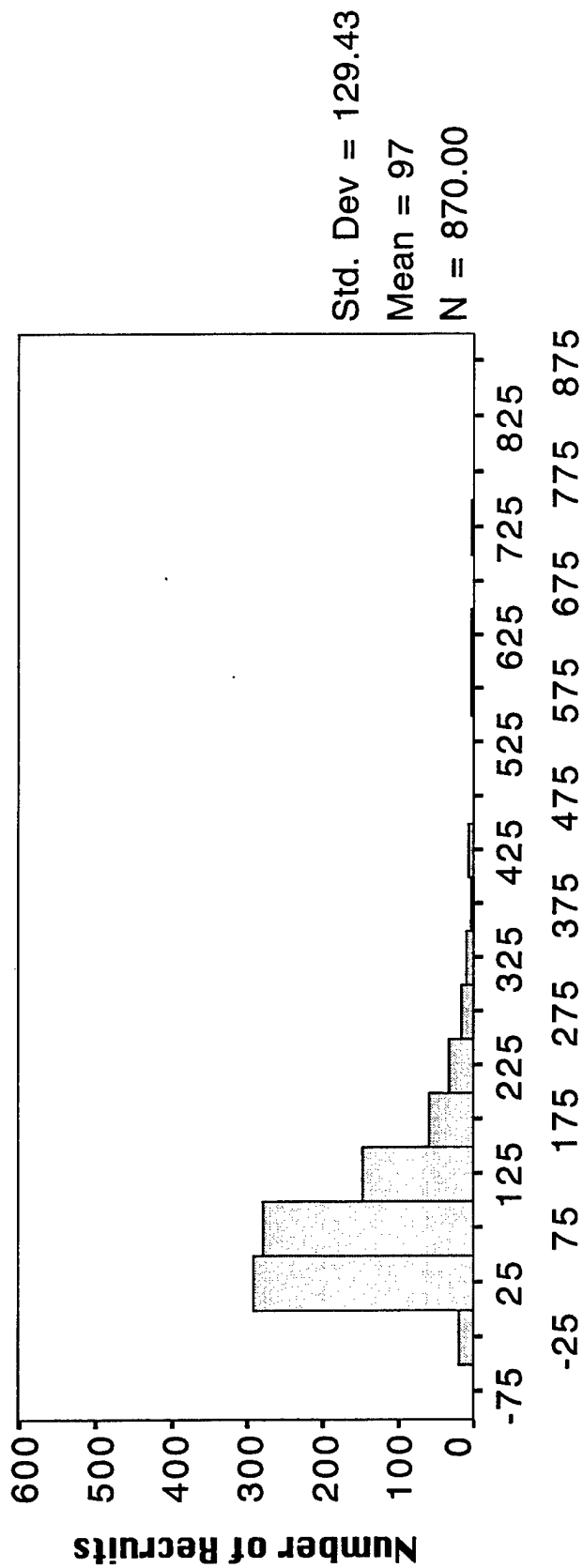
## % Change from Push-Ups for PT Test 1 to Push-Ups for PT Test 4

FJ Charts:FJ del%PU - Male 1/24/97        [900%=10 fold increase]

del%PU categories:  (100)-(50.1),  (50)-(0.1),  0-49.9,  ...,  850-899.9

28 Jan 97 SPSS for Macintosh Release 6.1

DELTASU1    % Change from Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4 for MALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| -50-(-.01) | -50.00 | 16 | 1.5 | 1.8 | 1.8 |
| 0-49.99 | .00 | 446 | 41.0 | 50.8 | 52.6 |
| 50-99.99 | 50.00 | 299 | 27.5 | 34.1 | 86.7 |
| 100-149.99 | 100.00 | 77 | 7.1 | 8.8 | 95.4 |
| 150-199.99 | 150.00 | 22 | 2.0 | 2.5 | 97.9 |
| 200-249.99 | 200.00 | 6 | .6 | .7 | 98.6 |
| 250-299.99 | 250.00 | 2 | .2 | .2 | 98.9 |
| 300-349.99 | 300.00 | 6 | .6 | .7 | 99.5 |
| 400-449.99 | 400.00 | 1 | .1 | .1 | 99.7 |
| 450-499.99 | 450.00 | 1 | .1 | .1 | 99.8 |
| 900-949.99 | 900.00 | 1 | .1 | .1 | 99.9 |
| 1600-1649.99 | 1600.00 | 1 | .1 | .1 | 100.0 |
| Missing | . | 209 | 19.2 | Missing | |
| | Total | 1087 | 100.0 | 100.0 | |

Note: Data below this
line is not shown on graph

Statistics for DELTASU:

| | | | | |
|---|---|---|---|---|
| Mean | 60.152 | Median | 47.777 | Mode | 50.000 |
| Std dev | 77.712 | Variance | 6039.198 | Range | 1665.217 |
| Minimum | -31.884 | Maximum | 1633.333 | | |

Valid cases    878    Missing cases    209

Formula:  DELTASU := ((OC_SU4-OC_SU1)/OC_SU1)*100

# FJ '88 % CHANGE FROM SU1 TO SU4 - MALE

Number of Recruits

Std. Dev = 77.71

Mean = 60

N = 878.00

-25  25  75  125  175  225  275  325  375  425  475  525  575  625  675  725  775  825  875

800
700
600
500
400
300
200
100
0
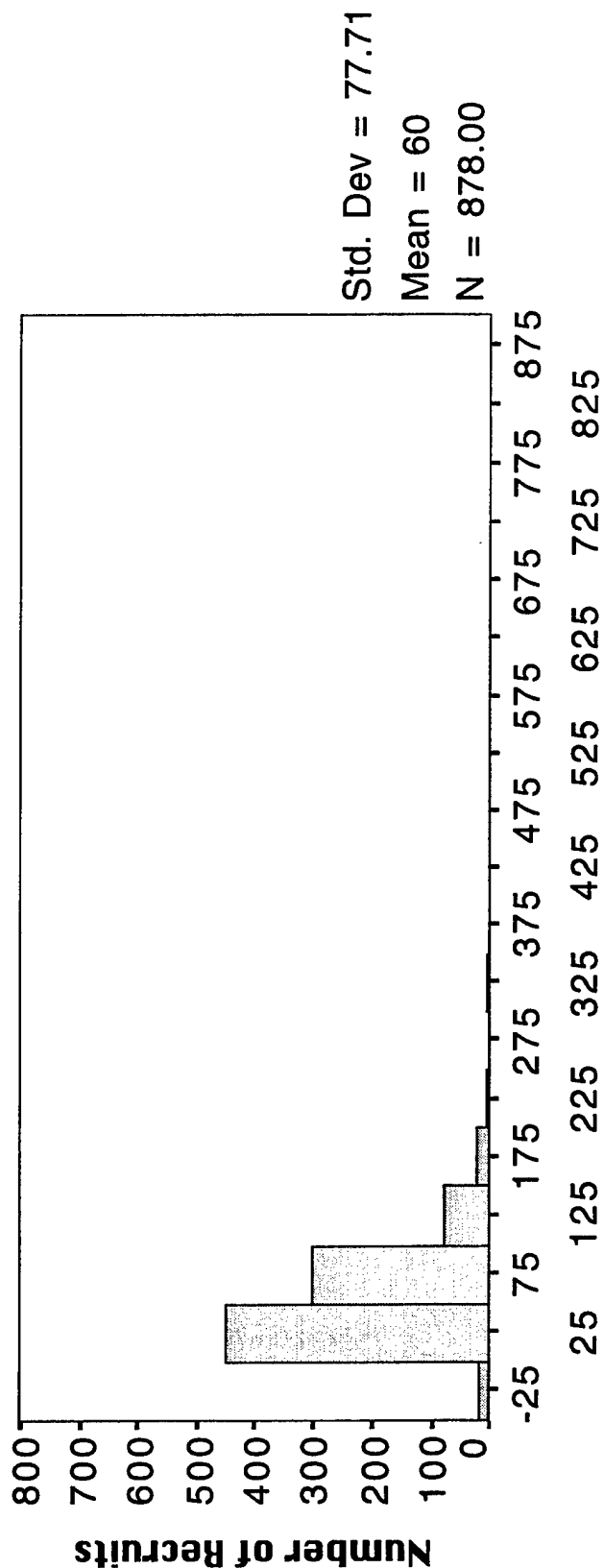
## % Change From Sit-Ups for PT Test 1 to Sit-Ups for PT Test 4

FJ Charts:FJ del%SU - Male 1/24/97      [900%=10 fold increase]

del%SU categories: (-50)-(-0.1), 0-49.9, 50-99.9 ..., 850-899.9

28 Jan 97 SPSS for Macintosh Release 6.1

DEL_RUN    % Change from Run Time 1 to Run Time 4 for MALES

| Value Label | Value | Frequency | Percent | Valid Percent | Cum Percent |
|---|---|---|---|---|---|
| -45-(-40.1) | -45.00 | 2 | .5 | .6 | .6 |
| -35-(-30.1) | -35.00 | 9 | 2.0 | 2.5 | 3.0 |
| -30-(-25.1) | -30.00 | 20 | 4.5 | 5.5 | 8.5 |
| -25-(-20.1) | -25.00 | 42 | 9.5 | 11.6 | 20.1 |
| -20-(-15.1) | -20.00 | 88 | 19.9 | 24.2 | 44.4 |
| -15-(-10.1) | -15.00 | 82 | 18.6 | 22.6 | 66.9 |
| -10-(-5.1) | -10.00 | 76 | 17.2 | 20.9 | 87.9 |
| -5-(-0.1) | -5.00 | 25 | 5.7 | 6.9 | 94.8 |
| 0-4.9 | .00 | 10 | 2.3 | 2.8 | 97.5 |
| 5-9.9 | 5.00 | 6 | 1.4 | 1.7 | 99.2 |
| 10-14.9 | 10.00 | 2 | .5 | .6 | 99.7 |
| 15-19.9 | 15.00 | 1 | .2 | .3 | 100.0 |
| Missing | . | 79 | 17.9 | Missing | |
| | Total | 442 | 100.0 | 100.0 | |

Statistics for DELTARUN:

| Mean | -13.711 | Median | -13.797 | Mode | -23.754 |
|---|---|---|---|---|---|
| Std dev | 8.562 | Variance | 73.303 | Range | 57.370 |
| Minimum | -42.308 | Maximum | 15.062 | | |

* Multiple modes exist.  The smallest value is shown.

Valid cases    363    Missing cases    79

Note:    The Percent Change is calculated for 2 Mile runners on PT Test 1 only